

Managing Stress

Directions: Looking for work or keeping your job can be stressful. A certain amount of stress makes life interesting and challenging. However, when there is too much stress or a person is not managing it well, illness can result. Research shows that stress is reduced by adding more things you enjoy doing to your routine.

Review the stress reducers below. Put a check mark in the column “I already use this strategy” if it is something you already do to relieve stress. If it is something you would like to try, put a checkmark in the column “I would like to try this strategy.” If the strategy is not interesting to you, do not put a mark in either column.



Strategy	I already use this strategy	I would like to try this strategy or develop it further
Talking to someone		
Using self-talk		
Participating in religion or other forms of spirituality		
Exercising		
Writing in a journal		
Listening to music		
Artwork		
Going for a walk		
Reading a book		
Watching a funny video		
Playing a video game		
Other:_____		
Other:_____		

Next steps: Review the items on the previous page and identify one or two strategies that you would like to try to help relieve stress. Write them in the space below, with a specific detail on how you will try implementing this strategy. *For example: I would like to try reading a book to relieve stress. To do this, I will pick out a book from the library and read it for 10 minutes every night before bed.*

Strategy:

How I will add this in my life:

Strategy:

How I will add this in my life: