

Stress management self-help checklist

Use this checklist to track your progress using these strategies to manage stress. Compare how you feel on days when you make lots of ticks on the checklist to those when you make few or none.

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STRESS MANAGEMENT SELF-HELP CHECKLIST

| POSITIVE CHOICES I MADE TODAY: | MON | TUES | WEDS | THURS | FRI | SAT | SUN | NOTES |
|---|-----|------|------|-------|-----|-----|-----|-------|
| <i>Updated my stress journal</i> | | | | | | | | |
| <i>Exercised for 30 minutes or more</i> | | | | | | | | |
| <i>Talked face to face with a good listener</i> | | | | | | | | |
| <i>Avoided unnecessary stress, such as a stress-inducing person or situation</i> | | | | | | | | |
| <i>Altered a stressful situation by expressing my feelings and/or managing my time better</i> | | | | | | | | |
| <i>Adjusted my attitude to a stressor by reframing the problem, focusing on the positive, or looking at the big picture</i> | | | | | | | | |
| <i>Accepted the stressors I can't change</i> | | | | | | | | |
| <i>Did at least one activity from my "stress relief toolbox"</i> | | | | | | | | |
| <i>Avoided self-medicating with alcohol, food, or drugs</i> | | | | | | | | |

*Reference: **Stress Management** How to Reduce, Prevent, and Cope with Stress
<http://helpguide.org/articles/stress/stress-management.htm>*

Authors: Lawrence Robinson, Melinda Smith, M.A., and Robert Segal, M.A. Last updated: February 2016.

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