



**PURSUE
THE REAL
YOU**

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*Stress Analysis
Workbook*

Utilizing Stress for Growth

Introduction to Stress

Stress isn't all bad. At lower levels, stress prepares our bodies for day-to-day challenges by boosting energy, improving cognitive performance, and focusing attention. It's when stress is too extreme, or lasts for too long, that it becomes problematic.

Unhealthy levels of stress contribute to heart disease, anxiety, depression, relational discord, addiction weakened immune systems, and much more. Oftentimes, stress hides behind more prominent issues, where it amplifies uncomfortable emotions and triggers unwanted behaviors.

The Stress Exploration Worksheet was designed to help you learn about your own stressors, symptoms, and to create strategies to overcome stress. The coping strategies presented in this worksheet include the use of social support, emotional management, life balance, and meeting one's basic needs.

Stress Analysis

Stress: an emotional and physical response to demanding situations, including symptoms that may include worry, a feeling of being overwhelmed, increased heart rate, headaches, sleep difficulties, procrastination, and more.

1. Describe your largest source of stress, in detail:

2. Briefly list two other stressors you are experiencing.

3. Circle any symptoms you have experienced in response to stress.

- | | | | |
|-------------------|-------------------|---------------------|----------------|
| Anger/Frustration | Anxiety | Decreased Sex Drive | Muscle Tension |
| Fatigue | Headaches | Over Eating | Under Eating |
| Nail Biting | Drug Use | Alcohol Use | Masturbation |
| Procrastination | Worry | Sleep Difficulties | Teeth Grinding |
| Indigestion | Social Withdrawal | Heart Racing | Other |

The stress response is a powerful tool used by your body to increase the odds of overcoming obstacles.

Stress Analysis

The negative effects of stress can be reduced with the use of social support, emotional management skills, maintaining healthy life balance, and attending to basic needs. In the following pages, we'll explore each of these strategies.

SOCIAL SUPPORT

Even when your social support cannot solve a problem, just talking can sometimes be enough. When we talk about our problems, hormones are released inside our brains that ease the undesirable symptoms of stress.

1. List three people who you can turn to for support.

Name:	How they can help:

2. How can you use social support to ease one of your current stressors?

Stress Analysis

EMOTIONAL MANAGEMENT

Stress can trigger many emotions such as anxiety, anger, and self-doubt. When these feelings are ignored, they can exacerbate the original stressor. Remember, emotional management isn't about eliminating emotions - it's about dealing with them in a healthy way.

1. When faced with unpleasant emotions, do you have any habits or tendencies that worsen the situation?

2. List three ways you have successfully handled unpleasant emotions in the past.

Stress Analysis

LIFE BALANCE

Stress can be especially destructive if your life is heavily focused on one area. For example, a person who is only focused on a relationship will struggle if their relationship becomes rocky.

1. Rate each of the following life areas from 1 to 5. A "1" means you devote little attention to this part of your life, while a "5" means you devote a high amount of attention to this area.

Career	Family	Fun/Recreation
Spirituality	Socializing	Intimate Relationships
Education	Hobbies	Other

2. Based on your ratings, are there any areas where you would like to devote more attention?

Stress Analysis

BASIC NEEDS

During periods of high stress, many people take shortcuts when it comes to their basic needs. Examples include sleep, a healthy diet, exercise, and other forms of self-care. When basic needs are neglected, health and mental well-being deteriorate, which contributes to additional stress.

1. Circle any basic needs you tend to neglect during periods of high stress.

Sleep Personal Hygiene Exercise Medical Adherence
Healthy Diet Social/Love Needs Managing Addictions Other

2. Describe the steps you can take to protect your basic needs during periods of high stress.
