

# MANAGING STRESS WORKSHEET

## Stressors



What are the most stressful things in my life right now?

(e.g. pressures, worries, conflicts, responsibilities)

## Ways to Reduce Stress

1

Change the stressful **situation**.  
(2 Nephi 2:26)

2

Change my **perception** of the stressful situation.

- Growth promoting (2 Ne 2:2)
- Challenge
- Natural part of life
- Fun, humorous
- Learning experience (D&C 122:7)

3

Change my **capacity** to deal with the stressful situation.

- Increase spiritual strength
- divine worth
- prayer
- scriptures
- love and serve others
- strength in God (Hel 5:12)

- Improve skills
- preparation and organization
- work and study efficiency
- assertiveness
- stress management skills

- Increase strength & energy
- good nutrition
- sleep (D&C 88:124)
- exercise
- regular relaxation practice

## Making Changes



How can I change the stressful **situation**?



How can I change my **perception** of the situation?



How can I change my **capacity** to deal with the stressful situation?

“And see that all things are done in wisdom and order; for it is not requisite that a man should run faster than he has strength. And again, it is expedient that he should be diligent, that thereby he might win the prize; therefore, all things must be done in order.”

Mosiah 4:27

Counseling & Psychological Services



Stress Management &  
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[caps.byu.edu/biofeedback](http://caps.byu.edu/biofeedback)

Brigham Young University