### 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 & Career Center**  
**Stress Management & Biofeedback Services**  
**Brigham Young University**