Stress Management

Weekly action worksheet • Check each step and write what worked for you.

☐ Complete stress assessment

- ☐ Notice when stress tends to rise during the day.
- ☐ Name a physical or emotional cue you recognize.
- ☐ Choose one response you would like to try instead.

MY TRIGGER AND RESPONSE

☐ Practice 10 minutes of meditation daily

- ☐ Choose a ten-minute time you can protect.
- ☐ Use a short guided practice or sit quietly and notice your breath.
- ☐ Record whether it felt helpful without judging yourself.

MY MEDITATION NOTES

Stress Management

Weekly action worksheet • Check each step and write what worked for you.

☐ Try 3 different breathing techniques

- ☐ Try slow belly breathing and two other comfortable approaches.
- ☐ Keep each practice brief and stop if you feel lightheaded.
- ☐ Choose the one you would use in a busy moment.

BREATHING TECHNIQUES I TRIED

☐ Journal about stress triggers and responses

- ☐ Write down a specific situation rather than a general worry.
- ☐ Note what you felt and what you did next.
- ☐ Consider one supportive response for next time.

MY JOURNAL REFLECTION