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Stress Worksheet

Top Stressors

1.

2. 3.		
How I can tell I'm stressed:		
Physical Symptoms of Stress	Emotional Symptoms of Stress	Cognitive Symptoms of Stress
(e.g., digestive upset, jaw tension, etc)	(e.g., tearful, easily frustrated, etc)	(e.g., distracted, unfocused, etc)
When I'm feeling stressed, overwhelm	ned, or exhausted, here's what helps:	
Of the things you just identified, choo	se one (for now) to think about what	it would take to increase your access
to it. Suppose, hypothetically, you dec	ided you wanted to use this stress ma	anagement strategy more. What
might be some challenges you'd face i	f you tried to use this stress manager	nent strategy more?

	ategy	more?					se barriers				
How IMPORTAL	NT is:	it to yoı	u to inc	rease yo	our acce	ss to †	this stress	manag	ement s	strategy	?
	0 —	1	2	3	4	5	6	7	8	9	10
What makes it		mportar importa		er than	a little l	ess	What co	ould pot		happei import	n that would make it ant?
How CONFIDEN	√T do	you fee	el that, i	f you d	ecided to	o incr	ease your	access	to this s	stress m	nanagement strategy
	0 —										
	U	1	2	3	4	5	6	7	8	9	10
What makes y	ou tha		ident, ra				What cou		ntially l	happen	that would make yo
	ou tha	at confi	ident, ra				What cou	ıld pote	ntially l	happen	that would make yo
	ou tha	at confi	ident, ra				What cou	ıld pote	ntially l	happen	that would make yo
Given all of that,	ou tha	at confices confi	ident, ra ident?	u will d	nan a litt	le	What cou	ıld pote fe	ntially l	happen RE conf	that would make yo
	ou tha	at confices confi	ident, ra ident?	u will d	nan a litt	le	What cou	ıld pote fe	ntially l	happen RE conf	that would make you