

Managing and Mitigating Stress

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



There are numerous sources of stress in each of our lives. From small, more manageable stressors to larger ones that have a greater impact, none of us are immune from the challenges of life. Sometimes there are things we can do to prevent stressors from arising – and sometimes we can't. However, even when we cannot control certain life happenings, can we better manage our reactions to stress?

1. Take a moment to consider what stressors are present in your life. Begin by checking off whichever stressors of the following list are of concern to you (whether the concern is minimal or significant).

- | | | |
|---|--|---|
| <input type="checkbox"/> Deadlines | <input type="checkbox"/> Children's behavior | <input type="checkbox"/> Politics |
| <input type="checkbox"/> Busy schedule | <input type="checkbox"/> Relationship with partner | <input type="checkbox"/> Weather |
| <input type="checkbox"/> Messiness/clutter | <input type="checkbox"/> Beginning a new job/career | <input type="checkbox"/> Specific phobias |
| <input type="checkbox"/> Bills and payments | <input type="checkbox"/> Household chores | <input type="checkbox"/> Exams/studies |
| <input type="checkbox"/> Retirement/savings | <input type="checkbox"/> Environmental concerns | <input type="checkbox"/> Loud noises |
| <input type="checkbox"/> Personal debt | <input type="checkbox"/> Divorce/separation | <input type="checkbox"/> Pollution |
| <input type="checkbox"/> Work | <input type="checkbox"/> Public speaking/presentations | <input type="checkbox"/> Food/diet |
| <input type="checkbox"/> Unemployment | <input type="checkbox"/> Moving homes/cities | <input type="checkbox"/> Social interactions |
| <input type="checkbox"/> Personal health | <input type="checkbox"/> Technology/social media | <input type="checkbox"/> Busyness of life |
| <input type="checkbox"/> Health of loved ones | <input type="checkbox"/> Feedback/work review | <input type="checkbox"/> Plans for the future |

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2. Now in the table below, write down all of the stressors that are present for you right now in the left hand column. Then, note how stressful each of these are for you on a scale from one to ten – and then write ‘Yes’ or ‘No’ under ‘I can manage or mitigate this.’

3. In the box beneath each stressor, write what you might do to mitigate or manage the stressor. If you’ve said ‘No’ to any particular stressor, answer the following question instead: how can I support myself in finding peace during or after the stressor has passed?

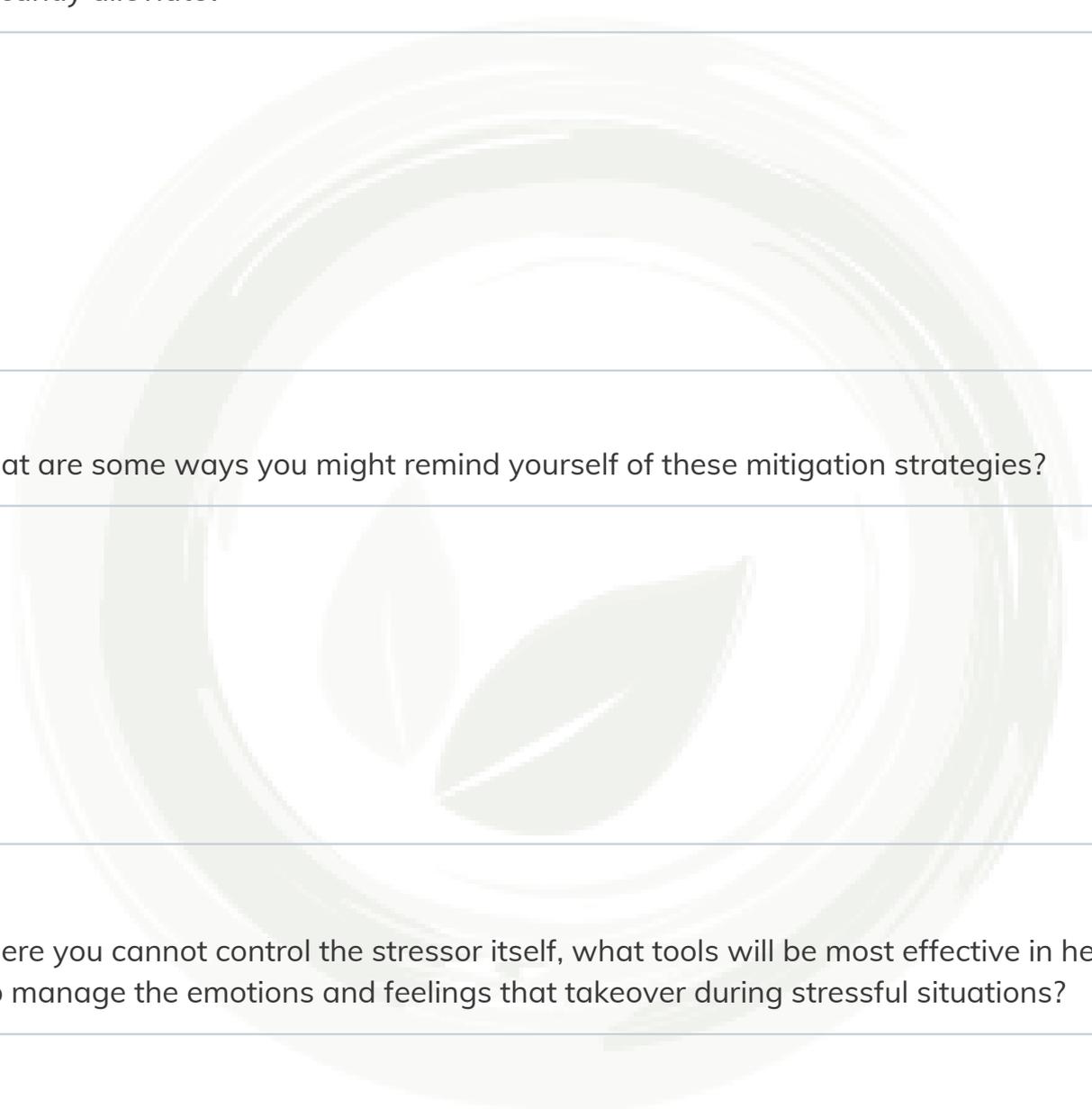
Stressor	Level of stress (1-10)	I can manage or mitigate this. (Yes or No)
Management/mitigation approach:		
Management/mitigation approach:		
Management/mitigation approach:		

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MOMENT'S PAUSE:

1. What is one stressor you think your management or mitigation efforts will help to significantly alleviate?



2. What are some ways you might remind yourself of these mitigation strategies?

3. Where you cannot control the stressor itself, what tools will be most effective in helping you to manage the emotions and feelings that takeover during stressful situations?