

STRESS EXPLORATION

Today's Date: _____

This worksheet is designed to help you explore and better understand the concept of stress. Answer the questions and complete the activities to gain insights into your own experiences with stress and how you can manage it more effectively.

Part 1: Understanding Stress

Daily Check-in

What is stress in your daily life? Define in your own words.

Recognizing Your Stressors

Common strains you feel annoy you.

Part 2: Coping Strategy

Consider trying a relaxation technique to manage stress. Choose one from the list below and practice it for at least 10 minutes:

- a. Deep Breathing
- b. Progressive Muscle Relaxation
- c. Meditation
- d. Yoga
- e. Journaling



Describe your experience and how it made you feel:

Stressor: _____

Healthy Coping Strategy: _____

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