

Personalized Stress Toolkit

This worksheet will help you recognize stress triggers, reflect on your stress signals, and develop personalized strategies to manage stress in your daily life.

1. Identify Your Stress Triggers

Let's start by understanding what makes you feel stressed. List your top stressors in the categories below:

Work/School-Related Stressors:

Personal Life/Relationship Stressors:

Other (Financial, Health, etc.):

2. Recognize Your Stress Signals

What signs do you notice when you're stressed? Check all that apply:

Physical Symptoms:

- Headaches
- Tension in neck/shoulders
- Trouble sleeping
- Fatigue
- Upset stomach
- Racing heart

Emotional Symptoms:

- Feeling overwhelmed, anxious, or panicked
- Mood swings
- Difficulty concentrating
- Feeling sad or irritable

3. Build Your Stress Toolkit

Choose a few strategies you can turn to when you start feeling stressed. These will form your personalized toolkit.

A. Quick Calm-Down Techniques

Check and/or add techniques you think will help you de-stress quickly.

- Deep breathing exercises
- Counting backward from 10
- 5-minute walk or stretch
- Listening to calming music
- Sipping on a warm drink (tea, coffee, etc.)
- Progressive muscle relaxation

Other ideas:

B. Physical Stress Relievers

Check and/or add activities that help release physical tension from your body.

- Going for a jog or walk
- Doing a quick workout
- Dancing to your favorite song
- Stretching or yoga
- Splashing cold water on your face

Other ideas:

C. Mental/Emotional Stress Relievers

Check and/or add techniques that help calm your mind and emotions.

- Journaling your thoughts
- Talking to a friend or family member
- Practicing gratitude (write 3 things you're thankful for)
- Visualizing a peaceful place
- Scheduling a therapy session

Other ideas:



4. Create Your Stress-Relief Routine

Pick three go-to tools from your list that you can easily access when stress hits. Write them down:

- 1. _____
- 2. _____
- 3. _____

5. Your Support System

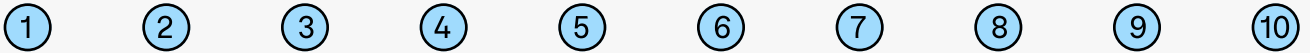
Sometimes stress relief comes from others. List a few people you can reach out to when you're feeling overwhelmed.

6. Practice & Reflection

Try one tool from your stress toolkit this week. Reflect on how it worked for you:

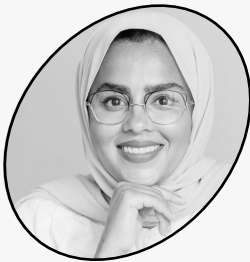
Tool used: _____

How I felt after: _____



Rate your mood on a scale of 1 to 10 before and after you used the tool above.

By completing this worksheet, you're building a personalized stress toolkit that you can rely on whenever life feels overwhelming. Keep this sheet somewhere visible, and remind yourself to use it whenever you feel stressed.



Meet The Expert

Sarah Ahmed, RSW

Psychotherapist, consultant, and BIPOC advocate helping her community reclaim their voice, re-parent their inner child, and have relationship clarity.