

Reducing Situational Stress

Life is often stressful and most people have things in their life that are difficult or even impossible to change. However, there are many stresses we experience which are situational and in our control, even though many people act as if they are not. No matter what kind of stress you have in your life, any efforts you can do to reduce it can have a positive effect on your mental health. Think of stress like stones in a backpack that you carry around each day. Every time you remove a stone, even a small one, you make your burden that much lighter.

Look at the statements below and rate each one from 1= Mild Stress to 10 = Very Stressful. Just skip the statements that don't apply. Then write down something you can do to reduce each stress. If you get stuck on ways to reduce situational stress, you may want to ask the opinion of people who seem to handle stress well.

_____ I am overscheduled.

To change this, I can:

_____ My house is a mess and I can never find what I'm looking for.

To change this, I can:

_____ I put off important things that cause me to be anxious.

To change this, I can:

I am overwhelmed by all the money I owe.

To change this, I can:

My kids are driving me crazy.

To change this, I can:

My relationship/marriage has become really difficult.

To change this, I can:

My work situation has become intolerable.

To change this, I can:

Other situational stresses:

Stress: _____

To change this, I can:

Stress:

To change this, I can:

Stress: _____

To change this, I can:

Stress: _____

To change this, I can:
