FREE STRESS MANAGEMENT WORKSHEET

Lighten *the load*

Stress is your body's response to pressure. A little can help you rise to a challenge, but when it piles up with no release, it shows up in your body, your mood and your relationships. This worksheet helps you notice your stress and choose what to do with it.

In my body

- Headaches
- Tight shoulders
- Tiredness
- Poor sleep
- Upset stomach

In my mind

- Racing thoughts
- Forgetting things
- Can't focus
- Worrying
- Feeling numb

In what I do

- Snapping at people
- Withdrawing
- Overeating or undereating
- Scrolling
- Putting things off

1 Sort it out

Write down what is stressing you, then sort each item: things I can control, things I can influence, and things I need to let go.

2 One thing at a time

Pick the next small step, not the whole mountain. Finish it, then choose the next one.

3 Take real breaks

Short pauses through the day work better than waiting until you crash. Step away from the screen, breathe, stretch, drink water.

4 Protect your sleep

Keep a steady bedtime, put your phone away an hour before, and write tomorrow's worries on paper so your mind can rest.

5 Set a boundary

It is okay to say "not this week" or "I can do this part, not all of it." A clear no protects your yes.

6 Talk it out

Share the load with someone you trust. Stress gets lighter when it is spoken out loud.

You don't have to do this alone.

Soul Care offers virtual therapy across Canada, including affordable options. Faith is always welcome in session, and never required.

Find your therapist

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My stress inventory

List what is weighing on you right now. Circle how much control you have, then write one small action you can take, even if that action is letting it go.

WHAT IS STRESSING ME	HOW MUCH IS IN MY HANDS?	ONE SMALL ACTION
	Control · Influence · Let go	
	Control · Influence · Let go	
	Control · Influence · Let go	
	Control · Influence · Let go	
	Control · Influence · Let go	

My stress relief menu

Fill this in on a calmer day, so you have ideas ready when you need them.

5 minutes

e.g. breathe, stretch, step outside

30 minutes

e.g. walk, music, a call with a friend

A half day

e.g. nature, a hobby, real rest

A boundary I need to set

Who I can share the load with

When to reach out

If stress is affecting your sleep, health, work or relationships most days, or you feel close to burnout, please talk to a therapist or your doctor. You don't have to wait until you're falling apart.