

Coping with Stress Action Plan

My Stressors: External Causes of Stress

Use the table below to write down situations or events that have come up for you during the week and have made you feel stressed. You may also like to list other recent situations that have caused you to feel stressed. In the second column, list how your mind and body reacted during these situations.

Stressful Situation	Physical sensations, thoughts or feelings
<p>What actually happened? What were the demands placed on you during the situation? What were the specific external stressors?</p>	<p>Did you experience any physical indicators or changes, such as change in your breathing or heart rate? How did you feel during the event? What thoughts went through your head? What did you say to yourself?</p>
<p style="text-align: center;">For Example:</p> <p>Argument with a work colleague about the use of the company car.</p>	<p>Physical Sensations: Tightness in chest, sweaty hands, tense shoulders, increased heart rate. Feelings: Angry and frustrated. Thoughts: He is so unfair. No one values what I do.</p>