



## Managing Stress

**Directions:** Looking for work or keeping your job can be stressful. A certain amount of stress makes life interesting and challenging. However, when there is too much stress or a person is not managing it well, illness can result. Research shows that stress is reduced by adding more things you enjoy doing to your routine.

Review the stress reducers below. Put a check mark in the column “I already use this strategy” if it is something you already do to relieve stress. If it is something you would like to try, put a checkmark in the column “I would like to try this strategy.” If the strategy is not interesting to you, do not put a mark in either column.

STRATEGY	I ALREADY USE THIS STRATEGY	I WOULD LIKE TO TRY THIS STRATEGY OR DEVELOP IT FURTHER
Talking to someone	<input type="checkbox"/>	<input type="checkbox"/>
Using self-talk	<input type="checkbox"/>	<input type="checkbox"/>
Participating in religion or other forms of spirituality	<input type="checkbox"/>	<input type="checkbox"/>
Exercising	<input type="checkbox"/>	<input type="checkbox"/>
Writing in a journal	<input type="checkbox"/>	<input type="checkbox"/>
Listening to music	<input type="checkbox"/>	<input type="checkbox"/>
Artwork	<input type="checkbox"/>	<input type="checkbox"/>
Going for a walk	<input type="checkbox"/>	<input type="checkbox"/>
Reading a book	<input type="checkbox"/>	<input type="checkbox"/>
Watching a funny video	<input type="checkbox"/>	<input type="checkbox"/>
Playing a video game	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>

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## Managing Stress (Continued)

**Next steps:** Review the items on the previous page and identify one or two strategies that you would like to try to help relieve stress. Write them in the space below, with a specific detail on how you will try implementing this strategy. *For example: I would like to try reading a book to relieve stress. To do this, I will pick out a book from the library and read it for 10 minutes every night before bed.*

My strategies and how I will add them to my life:

