



The Mind Garden
bloom where you're planted

STRESS IDENTIFICATION WORKSHEET

STRESSORS *exploration*

Understanding your stress triggers is the first step towards managing them effectively

Take a moment to think about different aspects of your life. Consider areas like work, relationships, family, health, and personal commitments. In each life area, jot down specific situations or triggers that have caused you stress recently.

These could be events, circumstances, or interactions.

WORK

RELATIONSHIPS

FAMILY

HEALTH

PERSONAL COMMITMENTS

OTHER



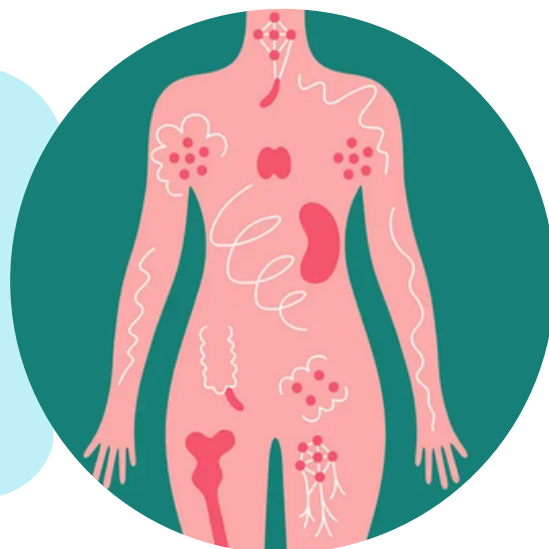


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EXAMINING

our responses

Reflect on physical sensations you experience when encountering stress triggers such as rapid heartbeat, tense muscles, or sweating.



Focus on each stressor and physical sensations you noted earlier.
Write down the emotions linked to each stressor.





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LOOKING AT *larger impact*

Consider how this stressor influences your interactions with others. Does it strain relationships or create conflicts? Note any changes you've observed.

Relationship Effects



Explore how this stressor affects your productivity, work efficiency, and overall performance. Does it hinder your ability to concentrate or meet goals?

Productivity & Performance

