



Stress Management Work Sheet

It is important to manage your stress

Stress doesn't directly cause high blood pressure. But it can affect your body. Plus, people with a lot of stress tend to eat too much or eat unhealthy foods, drink too much alcohol, smoke, and be less physically active. And these unhealthy habits are linked to high blood pressure. That's why it's a good idea to manage your stress before it affects your health.

Lowering your stress starts with raising your awareness of it

This work sheet can help you understand and manage how possible sources of stress (called *stressors*) can affect you. For each of the 6 categories of stressors, follow these easy steps:

STEP 1. In the left column of each table, list the specific things that are creating stress in your life.

STEP 2. In the right column, list possible ways to manage the stressors you've listed.

- 1. Major life changes**—Examples include good and bad events, such as a planned pregnancy, a new house, the death of a loved one, and divorce

Sources of my stress	Ways to help manage my stress
1.	
2.	
3.	

- 2. Stress in your environment**—This relates to things in your surroundings that cause you to feel stressed—at home, in your neighborhood, or at work. Examples include unpleasant noises, such as a neighbor's barking dog, and too much or too little light in your bedroom

Sources of my stress	Ways to help manage my stress
1.	
2.	
3.	

- 3. Stressful unpredictable events**—Examples include unexpected guests, unplanned expenses, and sudden accidents

Sources of my stress	Ways to help manage my stress
1.	
2.	
3.	

- 4. Stressful family matters**—Examples include having disagreements with your spouse or children, and dealing with disruptive in-laws

Sources of my stress	Ways to help manage my stress
1.	
2.	
3.	



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- 5. Stressful workplace issues**—Examples include a large workload, a demanding boss, and urgent deadlines

Sources of my stress	Ways to help manage my stress
1.	
2.	
3.	

- 6. Stressful social situations**—Examples include going on a blind date, attending a party alone—and even hosting a party

Sources of my stress	Ways to help manage my stress
1.	
2.	
3.	

After you've used this work sheet, you'll be able to see what's causing you the most stress. And once you've identified the problem, you may be able to more clearly see a solution. It may help to share your results with your family, friends, or doctor. They may be able to offer more suggestions for how to manage the stress in your life.

Ways I can manage this stress:



Healthy ways to manage stress

- Eat a healthy diet
- Be physically active
- Get enough sleep
- Ask others for help
- Use humor
- Assert yourself and your needs
- Manage your time better



Talk with your doctor about adding stress management to your plan for lowering your high blood pressure. Taking steps to manage your stress can help keep you and your health moving in the right direction!