



STAY OK

Module 6

STRATEGIES FOR MANAGING STRESS WORKSHEET

USE THIS WORKSHEET TO UNDERSTAND THE STRESS LEVEL AT YOUR COMPANY AND DEVELOP STRESS STRATEGY TOOL THAT COULD BE USED BY YOUR TEAM. ARRANGE A TEAM ACTIVITY AND FILL IN THE QUESTIONS BELOW. CREATE A SEPARATE RESOURCE FOR YOUR TEAM BY COMPILING ANSWERS TO THE LAST QUESTION.

1

THE STRESSFUL
SITUATIONS I AM
CURRENTLY DEALING WITH
AT WORK ARE:

2

MY THINKING OR CHOICES
THAT MIGHT BE
CONTRIBUTING TO
MAINTAINING MY STRESS
ARE:

3

PREVENTATIVE HABITS
THAT MIGHT DECREASE MY
VULNERABILITY TO STRESS
INCLUDE:





STAY OK

Module 6

STRATEGIES FOR MANAGING STRESS WORKSHEET

4

MY PERSONAL TOP 10
STRATEGIES FOR DEALING
WITH STRESS ARE:

