

## Bonus Printable Resources for Stress Management

### Printable Resources

#### 1. Stress Management Action Plan Template

Instructions: Write down your most significant stressors and outline specific actions to address them.

Stressor	Action Plan	Timeline	Progress

#### 2. Quick Relaxation Techniques Chart

Choose from the following techniques and apply them when feeling stressed.

Technique	Description	Duration
Deep Breathing	Inhale deeply for 4 seconds, hold for 7, exhale for	85 minutes
Progressive Muscle Relaxation	Tense and release each muscle group for relaxation	10 minutes
Visualization	Imagine a peaceful scene or place in your mind.	5 minutes
Stretching	Stretch arms, legs, and back to release tension.	5 minutes
Mindfulness Meditation	Focus on the present moment and clear your mind.	10 minutes

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### 3. Daily Mood Tracker

Track your mood daily and identify stress triggers.

Date	Mood (1-10)	Stress Level (1-10)	Stress Trigger	Coping Strategy

### 4. Weekly Stress Log

Review your weekly stress levels, triggers, and coping strategies.

Week	Average Stress Level	Main Trigger	Coping Strategy

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### 5. Emotional Toolbox List

Customize your toolbox with strategies to cope with emotions like anxiety, frustration, or sadness.

Emotion	Coping Strategy
Anxiety	
Frustration	
Sadness	

### Activity 1: Stress Level Self-Assessment

#### Interactive Worksheet

1. A **table-style questionnaire** with a built-in scoring system for easy completion:

Statement	Rating (1-5)
I feel overwhelmed by my responsibilities.	
I have trouble sleeping because of stress.	
I find it hard to relax, even during free time.	
I often feel irritable or short-tempered.	
My body feels tense or achy most of the time.	

#### Additional Graphic:

- A color-coded **stress scale bar** showing results:
    - **Green (5-10):** Low stress
    - **Yellow (11-15):** Moderate stress
    - **Red (16-25):** High stress
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### Activity 2: Stress Radar Wheel

#### Interactive Graphic:

- A **blank radar wheel template** with six labeled sections: Work, Family, Relationships, Health, Finances, and Personal Growth.
- Readers can shade each section based on their stress score.

#### Worksheet Additions:

- Beneath the wheel, include a section for action planning:

Category	Stress Score (1-10)	Action Plan
Work	8	Block one hour for uninterrupted focus daily.
Relationships	7	Schedule a coffee chat with a friend.

### Activity 3: The Stress Journal

#### Interactive Template:

1. A **daily log template** readers can print or fill in digitally:

Date	Stress Trigger	Intensity (1-10)	Action Taken	Effectiveness (1-10)

2. Include a **weekly summary section** to identify patterns:
  - **Most common trigger:**
  - **Most effective coping strategy:**
  - **What I will improve next week:**

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### Activity 4: Physical Check-In

#### Interactive Body Map Graphic:

1. Use a **body outline diagram** where you can mark areas of tension.
2. Include a **chart for physical sensations**:

Body Part	Sensation	Intensity (1-10)	Action Plan
Shoulders	Tightness	8	Do 10 shoulder rolls.
Jaw	Clenched	7	Practice jaw relaxation exercises.
Stomach	Knots	6	Try deep-breathing for 5 minutes.

#### Bonus Tip Section:

- Add a graphic of quick relaxation exercises for tension areas.
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### Activity 5: Emotional Check-In

#### Interactive Worksheet:

1. Create an **Emotion Tracking Table**:

Emotion	Trigger	Response	What I'll Do Differently
Frustration	Missed deadline	Procrastinated	Set smaller, achievable goals.
Anxiety	Upcoming meeting	Overthought responses	Practice deep breathing.

#### Emotional Toolbox Graphic:

- Include a pre-made list of coping strategies for common emotions (e.g., anxiety, frustration, sadness) for reference.
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### Activity 6: Stress Management Goals

#### Interactive SMART Goals Worksheet:

1. A **goal-setting table** with prompts:

Area of Stress	Specific Goal	Measurement Criteria	Timeline
Work	Delegate one task per day.	Complete tasks on time.	7 days.
Relationships	Schedule weekly coffee chat.	Feel closer to loved ones.	3 weeks.

2. Add motivational quotes or graphics for encouragement, e.g., “Small steps lead to big results.”

### Bonus Interactive Tool: Mood Tracker with Patterns

#### Monthly Mood Tracker Graphic:

- A **calendar-style tracker** where you can log your mood each day using a color-coded system:
  - Green = Calm
  - Yellow = Mildly stressed
  - Orange = Moderately stressed
  - Red = Highly stressed

#### Pattern Reflection Template:

Observation	Insight	Action
Stress peaks at 4 PM daily.	Likely due to work fatigue.	Schedule a short break at 3 PM.