

# PERSONAL STRESS CHART

Name \_\_\_\_\_

STRESSOR	ACUTE or CHRONIC	+ _____ - _____	PHYSICAL	PSYCHOLOGICAL	BEHAVIORAL	COPING STRATEGIES

\*\*Turn this sheet over for chart directions and an example.\*\*

**Directions-** Using the reverse side of this sheet, fill in the boxes as they relate to the 6 stressors of your choice. Think about what caused the stressor, how long it lasted and what happened. List the signs of stress that you recognized in yourself under the correct classification (physical, psychological, behavioral). Lastly, list a few ways you can manage or cope with each stressor.

Example:

<b>STRESSOR</b>	<b>ACUTE or CHRONIC</b>	<b>+ <u>Eustress</u> - <u>Distress</u></b>	<b>PHYSICAL</b>	<b>PSYCHOLOGICAL</b>	<b>BEHAVIORAL</b>	<b>COPING STRATEGIES</b>
I'm watching the Eagles game on television while I'm creating this worksheet. The Eagles are losing and I'm wasting time watching instead of finishing this.	<u>ACUTE</u> - Short term, it's the 4 <sup>th</sup> quarter	Distress- This is taking longer than it should	-Muscular Tension -Rapid Pulse -Foot Tapping	-Poor Concentration -Easily Distracted	-Slight display of anger	Change the situation- Put the game on mute. <i>This didn't work</i>  Turned the game off
<b>STRESSOR</b>	<b>ACUTE or CHRONIC</b>	<b>+ <u>Eustress</u> - <u>Distress</u></b>	<b>PHYSICAL</b>	<b>PSYCHOLOGICAL</b>	<b>BEHAVIORAL</b>	<b>COPING STRATEGIES</b>
Married with three kids	<u>Chronic</u> - Long term (I have been married for 12 years and my kids are 4,5, and 7)	<u>Eustress</u> - great fulfillment, motivation to work hard and provide.	-Energized by seeing smiles and hearing laughter	-Warm feeling in my heart -Satisfaction with my life	-Choosing to spend time with my family!	Continue to work hard and manage time well so that I can maximize time with family!