

STRESS REDUCTION WORKSHEET



Goal: Manage stress and reduce sleep disruptors.
Instructions: Use this worksheet to identify sources of stress and implement relaxation strategies before bed.

STRESS TRIGGERS: WHAT ARE THE MAIN SOURCES OF STRESS IN YOUR LIFE? (WORK, RELATIONSHIPS, HEALTH, ETC.)

RELAXATION TECHNIQUES:
WHAT RELAXATION TECHNIQUES DO YOU ALREADY USE OR WANT TO TRY? (DEEP BREATHING, PROGRESSIVE MUSCLE RELAXATION, JOURNALING)

COPING STRATEGIES:
HOW DO YOU USUALLY COPE WITH STRESS? ARE THESE METHODS EFFECTIVE? (E.G., EXERCISE, TALKING WITH A FRIEND, HOBBIES)

"NO-STRESS" BEDTIME RITUAL:
WHAT STEPS CAN YOU TAKE TO CREATE A STRESS-FREE RITUAL BEFORE BED? (E.G., READING, TAKING A WARM BATH, JOURNALING)