Stress Management Worksheet

Mantra to guide me in this work \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**1) Regulation practices I will engage in daily, weekly, monthly, quarterly, annually.**

**2) Regulation practices I will do with my colleagues.**

**3) Regulation practices that I will bring to team meetings, to supervision, etc.**

**4) Who will support me to do this work inside the office?**

**Outside of the office?**

**Who do I need to ask to check in on me? When?**

**5) If I hit barriers to accomplishing these stress management goals, I will contact**   
*(i.e., my supervisor/therapist/friend/mentor/etc.)*

**6)** **A vision of myself in 6 months from now if I am able to follow through on these intentions.**   
*(i.e., I see myself doing a down dog; I see myself smiling and hiking in nature, I see myself playing with my kids, I see myself laughing with a friend, etc.)*