

CLINICAL THERAPY WORKSHEET: VERSION 2

What triggers your stress?

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Have you ever sought clinical help?

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Is your stress hindering your everyday functioning?

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| Yes | No |
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What do you feel when you get stressed out

| Psychological Symptoms | Physiological Symptoms |
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Find out the reason behind the stress-the negative self-talk

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Positive Journaling:

By maintaining a Positive Journal worksheet, you will be able to keep a track of all the positive things that have happened and keep happening in your life. This will make you a thankful and positive person. Such positive experiences will keep you motivated and won't

let you lose hope. Writing is a cathartic process when you write positive experiences in a journal you let your negative feelings go away.

Relaxation:

Relaxation techniques are powerful techniques for learning to live in and enjoy the moment. Simply speaking, meditation is an exercise for your brain. When practiced regularly, meditation appears to decrease activity in the areas of the brain associated with negative thoughts, anxiety, and depression.

Exercise:

Go for a walk or a swim. Anything that relaxes your mind and gives you peace of mind. Physical exercise is very important, running releases endorphins. Exercise isn't just good for the body. It also has a powerful effect on mental well-being. People who exercise regularly are happier across the board. Plus, they're also less stressed, angry, anxious, and depressed.

It doesn't really matter what kind of exercise you do, so long as you do it regularly

Healthy Balance:

All work and no play is a recipe for burnout. Try to find a balance between work and family life, social activities and solitary pursuits, daily responsibilities, and downtime.