

Stress Management Workbook PDF

A printable companion for your free online stress management course

Use this workbook to track stress patterns, reflect on triggers, practice calming tools, and create a personal plan you can return to when life feels heavy.

Included inside

- Stress trigger worksheet
- Signs of stress tracker
- Breathing and grounding practice page
- Sleep, rest, and movement check-in
- Overthinking reflection page
- Time and boundaries worksheet
- Personal stress management plan
- Weekly reset page

Course link: <https://hometov.com/free-online-stress-management/>

Tip: Print the workbook or save it on your phone and fill in one page at a time.

1. Stress Trigger Worksheet

Use this page to notice what tends to raise your stress level most often.

Trigger	When it usually happens	What it tends to lead to
Work pressure	Example: busy mornings, deadlines, constant messages	Example: tension, rushing, irritability
Home or family stress	Example: evenings, caregiving, conflict	Example: exhaustion, low patience
Mental pressure	Example: overthinking, uncertainty, self-doubt	Example: worry, poor sleep, mental fatigue
Lifestyle trigger	Example: poor sleep, no breaks, too much screen time	Example: low energy, emotional reactivity

My top three stress triggers

2. Signs of Stress Tracker

Notice how stress shows up in your body, mind, emotions, and daily behavior.

Physical signs I notice	Mental and emotional signs I notice

Behavior changes I notice under stress

My earliest warning sign is usually:

3. Breathing and Grounding Practice Page

Use these tools when stress rises quickly or when your mind feels overloaded.

- Slow exhale breathing: Inhale for 4 and exhale for 6 for five rounds
- Box breathing: Inhale 4, hold 4, exhale 4, hold 4
- 5-4-3-2-1 grounding: Notice 5 things you see, 4 feel, 3 hear, 2 smell, 1 taste
- Feet on the floor: Press both feet down and breathe slowly
- Name what is true: "I am here. I can take one step at a time."

Which technique helps me most?

When I am stressed, I want to remember:

4. Sleep, Rest, and Movement Check-In

These three areas strongly affect how heavy or manageable stress feels.

Area	What is happening right now	One small improvement
Sleep	How am I sleeping most nights?	Example: calmer bedtime, less screen time
Rest	Do I get real downtime or only distraction?	Example: one phone-free break
Movement	How much do I move during the day?	Example: short walk, stretch break

My energy usually feels lowest at:

What helps me recover best?

5. Overthinking and Worry Reflection Page

Use this worksheet when your mind keeps looping and you need more clarity.

What am I worried about right now?

Is this a real problem I need to act on, or a mental loop?

What is in my control today?

What can I let go of for now?

6. Time Management and Healthy Boundaries Worksheet

Stress often grows when everything feels urgent and your energy has no clear limits.

Where I feel the most time pressure	Where I need a stronger boundary

One thing I can say no to or reduce this week

One boundary that would protect my energy

7. My Personal Stress Management Plan

Create a simple plan you can return to when stress begins to build.

Part of my plan	My answer	Helpful example
Main triggers		Work overload, poor sleep, overthinking
Early warning signs		Tight shoulders, irritability, racing thoughts
Go-to tools		Slow breathing, short walk, writing thoughts down
Daily support habits		Phone-free morning, movement break, calmer bedtime
Boundaries		No work messages after dinner, pause before saying yes
Support system		Trusted friend, partner, quiet time, professional support

8. Weekly Stress Reset

Use this page once a week to see what is helping, what is draining you, and what you want to adjust.

What drained me this week?

What helped me this week?

My top three priorities for next week

One boundary I want to keep next week

One reminder I want to carry with me
