

Health Promotion: Stress Worksheet

This worksheet is designed for self-reflection, and to personally connect the information in this unit to real situations. It is not meant to be turned in to the instructor.

Complete these definitions from your textbook:

Stress-

Anxiety-

Homeostasis-

External Stressors-

Now complete them according to what they mean to you in your own life:

Stress-

Anxiety-

Homeostasis-

External Stressors-

Write examples of when you had the following levels of anxiety:

Mild-

Moderate-

Severe-

Panic-

Circle the effects of stress that you experienced:

Physiologic

Safety/Security

Love/Belonging

Self-esteem

Self-actualization

Other effects?

Comments _____

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Circle the coping mechanisms that you used:

Crying, laughing, sleeping, cursing
Smoking/drinking

Physical activity/exercise
Withdrawal Behaviors/Lack of eye contact

Task-oriented reactions

Attack behaviors

Compromise behaviors

Other behaviors?

Limiting relationships to those with similar values and interests

Comments _____

Circle the defense mechanisms that you used:

Compensation

Denial

Displacement

Introjection

Projection

Rationalization

Reaction Formation

Regression

Repression

Sublimation

Undoing

Comments _____

Circle the stress interventions that helped you:

Habituation

Change avoidance

Time blocking

Time management

Regular exercise

Environmental modification

Nutrition/Diet

Rest/Sleep

Relaxation techniques

Enhance self-esteem

Crisis intervention

Mobilize support systems

Comments _____

