

Dealing with small stresses worksheet: (i.e.: a test, a fight, a decision...)

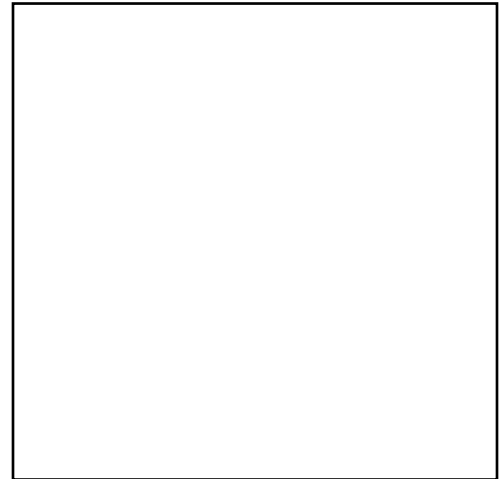
Chani has a difficult math test in two days. She missed part of the material and is so stressed out that she might fail. She tries to put this in perspective. In a week the test is going to be behind her. In a month she's probably going to forget about it. The stress shrinks somewhat. In the scheme of her life, it's really not going to make such a difference.

True story: I was in the mall, when I realized that my pocketbook was lost. First, I panicked, but then I realized that it's not the end of the world. I'm alive and healthy and that's the main thing. Sure, it'll be annoying to cancel my credit cards and replace my license but in six months I won't even remember it. I was able to remain calm. B"H I found it at the end, but the lesson remains.

Stress:

Now take a minute to validate yourself: *This is really hard and annoying. I totally get why you're so stressed. I wish that I could just fix it for you. Let's see if we can find a different way of looking at it.*

How big does it feel to you now? Draw a picture of yourself near the stress:



Will this stress still be here in a week? Yes/No/Maybe

Will this stress still be here in a month? Yes/No/Maybe

Will this stress still be here in two months? Yes/No/Maybe

Will this stress still be here in six months? Yes/No/Maybe

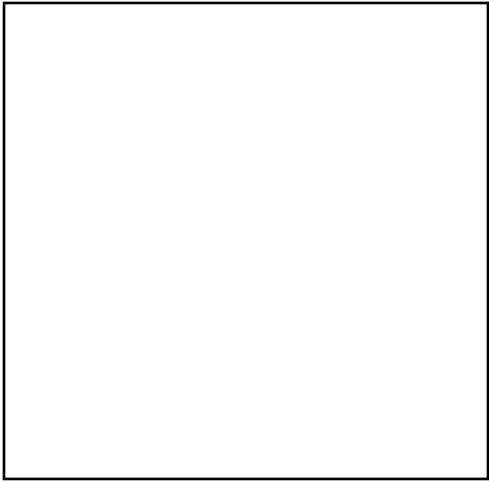
Will this stress still be here in a year? Yes/No/Maybe

Would an absolute worst-case scenario affect your life in two years from now? Yes/No/Maybe

Make a list of the ten top important things in your life:

Is the thing that you're stressed out about on the list?

How big does your stress feel to you now? Draw yourself next to your stress:



If it still bothers you a lot, write a letter to yourself from ten years in the future about how this particular stress feels to you ten years later:

Eight horizontal lines for writing the letter.

Twenty horizontal lines for writing the letter.