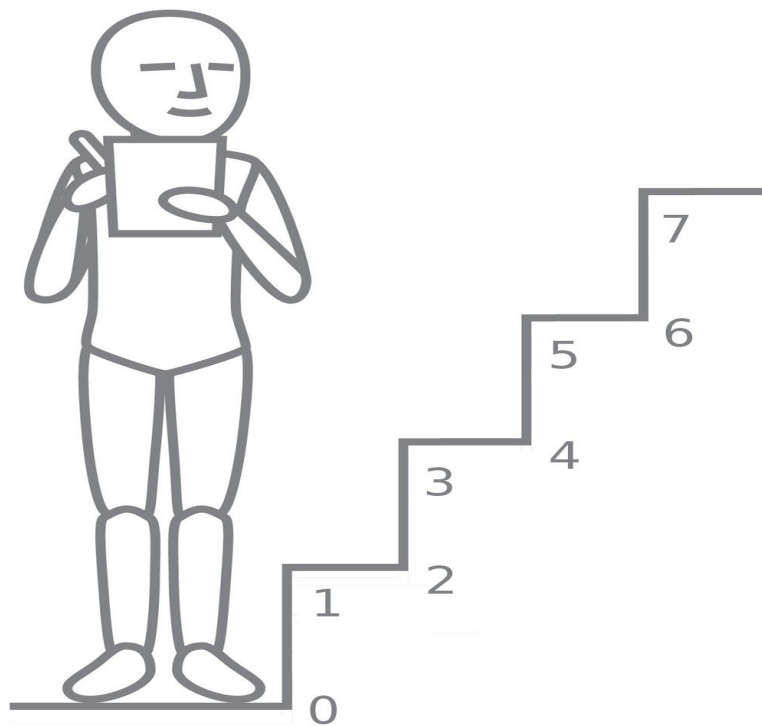


# PREPARE FOR STRESS

## Worksheets



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**These printable worksheets match those in the Prepare for Stress ebook. Print this packet and use these as you learn how to interrupt stress and anxiety as you use the daily Check in app.**

**EXERCISE # 1** Be determined to lower stress. Write out a brief reason: I need to lower stress/anxiety because I \_\_\_\_\_.

Create a behavioral pattern: Set up a time to read the program. Put an alarm on your phone for the same time each day.

The best time and place for me to read the program is \_\_\_\_\_.

The best time and place for me to listen a podcast is \_\_\_\_\_.

Do not do the program the hour before bed because it will stimulate your brain.

Do not rush through the program. This is not a test or a race.

Do not focus only on situations of higher stress and anxiety.

*Do* focus on the full range of experiences in your day: I'm really frustrated, I'm pretty happy, I don't like this, this is great, etc...

Do use the program as a groundwork for wellness with practices of yoga, meditation, exercise and supportive programs such as AA, Weight loss and others .

Check with your medical professional with questions about any current stress related conditions.

If you experience panic attacks, feeling out of control or depression, please check with a physician before starting the program. This program is not a method for treatment of depression or severe illnesses unless recommended by a professional. You can use this program on your own to develop better prediction and prevention of stress and anxiety.

## **PROGRAM AND WORKSHEET OUTLINE**

### **Part 1 - Biology - Building a personal stress scale - App Training - Screen 1, Podcasts 1- 2**

A personal stress scale is the first tool you will create to begin the process of physical and behavioral change. You will set “Check In” alarms on your phone four times a day to evaluate the stress scale in real time to understand the cause and effect of the build-up of stress.

- Stress Scale

### **Part 2 - Biography - Experiential learning - App Training - Screen 2, Podcasts 3-4**

Three worksheets will take you through the history of how you learned to react and adapt to stress. Knowing how past emotional, social, and cognitive experiences inform current experiences is the key mechanism for making choices for current reactions. You will begin to recognize the main themes of social and emotional reactions and behavior each time they are currently activated.

- Biography
- Social Roles
- Expectation

### **Part 3 - The Resolution Process - App Training - Screen 3, Podcasts 5- 6-7-8**

You are set up to recognize the patterns and themes of adaptive behaviors and can experiment with a variety of real time solutions. The behavioral change questions in the app will help you work toward resolution of daily stress and larger themes of chronic stress in your life. You will focus on experimentation to enhance experiential learning.

- The Resolution Process
- Good And Enough
- A Platform for Change Worksheet

### **Part 4 - Continued Practice - App Training - See My Progress, Podcasts 9 – 12 +**

As daily stress is lower, you will create a strategic approach for larger causes of stress and anxiety by using your collected data. You will practice prediction and prevention of specific people, places and reasons that cause stress and prevent these from reoccurring by having actionable self-knowledge and self-direction.

- See My Progress
- Prevention
- Current Biography
- Self/ and Other Directives
- Larger Issues
- Positive Predictions

## Part 1 - BIOLOGY OF STRESS AND ANXIETY

Signals are easy to identify once you learn how to stop and follow your brain equation. Stimulant hormones including Cortisol, Epinephrine and Norepinephrine shoot up during higher levels of anxiety to produce physical reactions. These hormones push sensitivity and awareness so reactions will occur. You can't run from a strong biological signal. Your brain is a very strict coach and will sometimes yell at you to react. With lower levels of manageable stress, the more pleasant hormones; Dopamine, Gabapentin, Oxytocin, Serotonin and others are higher. At lower levels on a stress scale, your brain can also be a great playmate and will push you to laugh and dance around.

### THE BIOLOGY OF STRESS

#### Severe Anxiety Reactions

10. Panic Attack
9. Feeling/Behaving out of Control
8. Anxiety/Beginning to lose Control

#### Prevention Zone

7. Angry/Afraid
6. Overwhelmed - Allostatic Load Weakens
5. Busy dealing with stress
4. Frustrated

#### Normal Stress

3. A little Worried - Productive worry
2. Stress resolved easily
1. Doing well
0. Life is good



## Identifying levels of Stress

Level 10 is made up of fear, panic and physical reactions which if prolonged can lead to depression.

Levels 8 – 9 feel out of control. These strong signals push behavior and reactions such as pain, rapid heart rate, crying, nausea, shaking and difficulty thinking. Many people cannot clearly determine or act on the cause of distress and may try to resolve the symptoms with substances such as alcohol, marijuana or sugar, or physical behaviors to numb.

Level 7 consists of clear strong emotions such as fear or anger, and can determine the cause and to step in to take action.

Level 6 is a state of feeling overwhelmed due to a combined state of stress in all categories (physical, social/emotional, behavioral and cognitive) which creates confusion and exhaustion.

### **The Mid-Level Stress Loop - The early warning system.**

4-5-6 is filled with unresolved conflicts around frustration at level 4 or the experience of working to resolve a problem at level 5. Living in this constant stress loop is usually the cause of chronic stress. Biomarkers of physical, emotional, social, and behavioral reactions to stress at these two levels will become a warning system.

- 6. Overwhelmed
- 5. Busy dealing with stress
- 4. Frustrated

**Productive Worry** and low- no stress. The cause of stress is clear, it fits the current environment and your reaction makes sense. At level 3, you know- What is going on, what it means, what it means about you and are able to apply practical ideas to resolve it.

- 3. A little Worried - Productive worry
- 2. Stress resolved easily
- 1. Doing well
- 0. Life is good

At low stress levels 1-2-3, your brain and body are highly flexible with a variety of responses which are good and pleasant. Level 0- 1 are Low- No stress experiences include: Physical relaxation and pleasure, emotional happiness and calm, mental ease and curiosity.

## STRESS SCALE

**Directions:** Fill in the blanks with words which describe the physical, emotional, social, behavioral, and cognitive signals you experience. Always work from the top level 7-0. down the scale. Try to use a key word from each category physical, emotional, social, behavioral and thinking. It is important to use your own words and not rely on this list of suggestions so that you capture your individuality of experience.

**Physical:** Tired, fidgety, cramped, slow, in pain, feeling warm/cold, hungry, tense, comfortable, relaxed, loose, well, calm...

**Social:** Isolation, distrustful, over active, antisocial, irritable, cautious, friendly, playful, loving...

**Emotional:** Sad, confused, angry, flat, heavy, resentful, worried, scared, anxious, panicky, happy, carefree, satisfied, eager, light hearted...

**Behaviors:** Sigh, freeze, step back, get aggressive, snack, yell, loss of appetite, drink too much, get quiet, fidget, pick, confront, laugh, joke, smile...

7. When I begin to be afraid or angry, I \_\_\_\_\_

6. When I feel overwhelmed, I \_\_\_\_\_

5. When I am busy dealing with stress, I \_\_\_\_\_

4. When I am frustrated, I \_\_\_\_\_

3. When I feel a little worried, I \_\_\_\_\_

2. When stress is easily resolved, I \_\_\_\_\_

1. When I am doing well, I \_\_\_\_\_

0. When life is good, I \_\_\_\_\_

**APP TRAINING 1 - GO TO [Prepareforstress.com](http://Prepareforstress.com) - DOWNLOAD THE APP**

SET ALARMS 30 minutes after you wake up, Midday time 4-5 hours later, Afternoon 4-5 hours later, and the last Check In 30 minutes before bed. Save these alarms as daily alerts.

**CHECK IN Today's Date:** \_\_\_\_\_

**Time of day**    Morning    Afternoon    Midday    Before bed

**STRESS EVALUATION** Use each of the categories Physical, Emotional, Social, Behavior, and Cognition:

What do I feel in my body?

What emotions am I experiencing?

How am I feeling about myself in regard to others?

What is my thinking like?

**What am I feeling? (Physical/Emotional/Social, behavioral, cognitive) Fill in below:**

---

Choose the levels of stress:

- 7 - Angry or afraid
- 6 - Overwhelmed
- 5 - Busy dealing with stress
- 4 - Frustrated
- 3 – A little worried
- 2 - Stress resolved easily
- 1 - Doing well
- 0 - Life is good

**You can only fill in screen 1 at this time to practice catching stress in real time.**

**Select Next, Next and Submit.**





**Keywords or themes from life experiences:** \_\_\_\_\_

\_\_\_\_\_

**I adapted to stress at key times / by)** \_\_\_\_\_

\_\_\_\_\_

You will use these reactions and themes on screen 2 of the Check In.

How does this fit with my biography?

Is this part of a larger theme?

Of course I am reacting this way!

## SOCIAL ROLES WORKSHEETS

**Directions:** Fill in the categories below with phrases and keywords to describe the experience of yourself in the past five years, currently and how you want to become in each category: physical, social emotions, behaviors and thinking.

### **With my Family (from Childhood):**

I was the one who \_\_\_\_\_

I am the one who \_\_\_\_\_

I want to be the one who \_\_\_\_\_

### **At Home:**

I was the one who \_\_\_\_\_

I am the one who \_\_\_\_\_

I want to be the one who \_\_\_\_\_

### **With Friends:**

I was the one who \_\_\_\_\_

I am the one who \_\_\_\_\_

I want to be the one who \_\_\_\_\_

### **With Myself (Internally):**

I was the one who \_\_\_\_\_

I am the one who \_\_\_\_\_

I want to be the one who \_\_\_\_\_

### **At Work/School:**

I was the one who \_\_\_\_\_

I am the one who \_\_\_\_\_

I want to be the one who \_\_\_\_\_

## SELF-EXPECTATIONS WORKSHEET

**Directions:** Consider the categories from the previous exercise: With Family from Childhood, At Work/ School, Home, With Friends. Use names of specific people in each category with whom you experience both stress and stress relief. Some of these examples may have positive results in levels 0 - 3. Be sure to use some of each.

Assumption of \_\_\_\_\_: \_\_\_\_\_

Self-Expectation: I \_\_\_\_\_

My reaction: (I feel, think, act) \_\_\_\_\_ Level \_\_\_\_\_

Assumption of \_\_\_\_\_: \_\_\_\_\_

Self-Expectation: I \_\_\_\_\_

My reaction: (I feel, think, act) \_\_\_\_\_ Level \_\_\_\_\_

Assumption of \_\_\_\_\_: \_\_\_\_\_

Self-Expectation: I \_\_\_\_\_

My reaction: (I feel, think, act) \_\_\_\_\_ Level \_\_\_\_\_

Assumption of \_\_\_\_\_: \_\_\_\_\_

Self-Expectation: I \_\_\_\_\_

My reaction: (I feel, think, act) \_\_\_\_\_ Level \_\_\_\_\_

## APP TRAINING - SCREEN 2

Now you add the biographical, social and self expectation information in the present experience. Remember biography is not the distant past, but includes the last 4 hours! Start filling in screen 2.

**CHECK IN Today's Date:** \_\_\_\_\_

**Time of day**    Morning    Afternoon    Midday    Before bed

**What am I feeling? (Physical/Emotional/Social, behavioral, cognitive)**

- 7 - Angry or afraid
- 6 - Overwhelmed
- 5 - Busy dealing with stress
- 4 - Frustrated
- 3 – A little Worried
- 2 - Stress resolved easily
- 1 - Doing well
- 0 - Life is good

Why does this make sense with my Biography?

---

Is this part of a larger theme?    Yes    No

Of course I am reacting this way... I am the one who...

---

**Use the next few days to practice catching stress and identifying why your reaction makes sense.**

**You are not ready to complete screen 3 yet... select next and submit.**

**Use the chart to see your progress and use the podcast for coaching.**

### APP TRAINING - SCREEN 3 - THE RESOLUTION PROCESS

Look at screen 3 next on the app. Now you are ready to add in self-direction from within the immediate experience. Fill in these examples to get a sense of Complete Communication and self direction.

Why does this make sense with my Biography? \_\_\_\_\_

\_\_\_\_\_

Is this part of a larger theme?     Yes     No

Of course I am reacting this way... I am the one who... \_\_\_\_\_

Because I am reacting this way... What do I want for myself? \_\_\_\_\_

\_\_\_\_\_

What do I need for myself? \_\_\_\_\_

\_\_\_\_\_

**NEXT: What can I try?** Look for resources which are within arms-reach or in the room. This process will create a better self-definition and direction for future reactions to similar triggers. Remember you are resolving your stress, not each situation that occurs. Use statements and directives to create clarity.

**TIMING** When is the right time? Who is the right person? Where is the right place? Am I in the right frame of mind? The Check In includes a choice of when to react.

**NOW/ NOT NOW, WHEN?** Describe to yourself the reason you do or do not want to, or cannot, engage in an encounter or activity to relieve stress. If you choose NOT NOW, remember to decide WHEN you can engage with the cause of stress.

What can I try? \_\_\_\_\_

TIMING - Now/ Not Now, When? \_\_\_\_\_

## GOOD AND ENOUGH WORKSHEET

### Sleep:

Currently I get to bed by \_\_\_\_\_. I need to get into bed by \_\_\_\_\_ and get to sleep by \_\_\_\_\_ for good enough rest. I need to be awake by \_\_\_\_\_ and get ready to start the day by \_\_\_\_\_.

### Food:

Currently my eating habits are \_\_\_\_\_

Having \_\_\_\_\_ for breakfast by \_\_\_\_\_ (time) would be good enough.

Having \_\_\_\_\_ for lunch by \_\_\_\_\_ would be good enough.

Having \_\_\_\_\_ for dinner by \_\_\_\_\_ would be good enough.

Eating more \_\_\_\_\_ eating less \_\_\_\_\_ would be good enough.

### Movement:

I enjoy \_\_\_\_\_

I could move more by \_\_\_\_\_ for \_\_\_\_\_ minutes today at \_\_\_\_\_ (time) and that would

be good enough to start.

### Social:

My low stress people are: \_\_\_\_\_

My low stress places are: \_\_\_\_\_

I sometimes need to \_\_\_\_\_ for a good enough release of stress.

## A Platform for Change Worksheet

Write a brief description of the larger issue which creates anxiety. As you encounter these in a Check In, use the full communication process: I want for myself, I need, I could try, when, what would be Good and Enough for now to lower stress.

Relationships \_\_\_\_\_

\_\_\_\_\_

Finances \_\_\_\_\_

\_\_\_\_\_

Education \_\_\_\_\_

\_\_\_\_\_

Health \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**Part 4 – CONTINUED PRACTICE** - See My Progress on the App menu

Look at the app menu section “See My Progress.” Fill in below what you can see as well as what you remember.

In the past 3 days, I wanted: \_\_\_\_\_

In the past 3 days, I needed: \_\_\_\_\_

In the past 3 days, I tried: \_\_\_\_\_

**DAYS OF THE WEEK**

Monday Level \_\_\_\_ \_\_\_\_\_

Tuesday Level \_\_\_\_ \_\_\_\_\_

Wednesday Level \_\_\_\_ \_\_\_\_\_

Thursday Level \_\_\_\_ \_\_\_\_\_

Friday Level \_\_\_\_ \_\_\_\_\_

Saturday Level \_\_\_\_ \_\_\_\_\_

Sunday Level \_\_\_\_ \_\_\_\_\_

My most stressful time of day: \_\_\_\_\_

My most stress-free time of day: \_\_\_\_\_

## PREVENTION WORKSHEET

Level 5, When I am busy dealing with stress: Physical \_\_\_\_\_

Behavioral \_\_\_\_\_ Emotional \_\_\_\_\_

Social reactions \_\_\_\_\_ Thoughts \_\_\_\_\_

My best way of handling this level is: \_\_\_\_\_

Level 4, When I am frustrated: Physical \_\_\_\_\_

Behavioral \_\_\_\_\_ Emotional \_\_\_\_\_

Social reactions \_\_\_\_\_ Thoughts \_\_\_\_\_

My best way of handling this level is: \_\_\_\_\_

Look at your app to see what vocabulary and signals are in this range. Go for the full range of physical, social, emotional, behavioral, and cognitive descriptions. The more, the better.

3. When I feel a little worried, I \_\_\_\_\_

2. When stress is easily resolved, I \_\_\_\_\_

1. When I am doing well, I \_\_\_\_\_

0. When life is good, I \_\_\_\_\_

**Creating a new theme for new Strategic Check Ins** Clear the data by using the 'DELETE' option on the "See My Progress" section of the app. Do that now so you can start developing new themes, focusing on specific tools, times of the day, people, places, or events.

## MY CURRENT BIOGRAPHY WORKSHEET

**Directions:** Fill in each month with keywords for physical, emotional, social, behavioral, and experiences. Remember this biography is always from your own perspective - how you experienced being you. Start at the bottom with last year and create a month by month outline.

**(name of month - experience - stress scale)**

\_\_\_\_\_ Stress Level \_\_  
\_\_\_\_\_ Stress Level \_\_  
\_\_\_\_\_ Stress Level \_\_

Outline the next three months above

\_\_\_\_\_ Stress Level \_\_  
\_\_\_\_\_ Stress Level \_\_  
\_\_\_\_\_ Stress Level \_\_  
\_\_\_\_\_ Stress Level \_\_  
\_\_\_\_\_ Stress Level \_\_  
\_\_\_\_\_ Stress Level \_\_  
\_\_\_\_\_ Stress Level \_\_  
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\_\_\_\_\_ Stress Level \_\_  
\_\_\_\_\_ Stress Level \_\_  
\_\_\_\_\_ Stress Level \_\_  
\_\_\_\_\_ Stress Level \_\_

## SELF/ OTHER DIRECTIVES WORKSHEET

**Directions:** Good directives include; I, want, need, I would like you, us, together etc... Consider the relationships which cause stress daily, weekly, all the time. Fill in the blanks with names of specific people and what you want to experience the interaction with them.

With \_\_\_\_\_ I want \_\_\_\_\_

I need \_\_\_\_\_

I would like to \_\_\_\_\_

With \_\_\_\_\_ I want \_\_\_\_\_

I need \_\_\_\_\_

I would like to \_\_\_\_\_

With \_\_\_\_\_ I want \_\_\_\_\_

I need \_\_\_\_\_

I would like to \_\_\_\_\_

With \_\_\_\_\_ I want \_\_\_\_\_

I need \_\_\_\_\_

I would like to \_\_\_\_\_

**Set up some strategic Check Ins for communicating self/ other- directives the next few days when you are around specific people.**

## POSITIVE PREDICTIONS WORKSHEET

Use the following outline of positive predictions as themes and a roadmap for your brain and to soak in the positive experience. Remember to include where you are and with who in the prediction plan.

Today: \_\_\_\_\_

This week: \_\_\_\_\_

The weekend: \_\_\_\_\_

Next week: \_\_\_\_\_

Next month: \_\_\_\_\_

Next year: \_\_\_\_\_

**SAMPLE STRESS SCALE**

- 7. When I begin to be afraid or angry, I \_\_\_\_\_
- 6. When I feel overwhelmed, I \_\_\_\_\_
- 5. When I am busy dealing with stress, I \_\_\_\_\_
- 4. When I am frustrated, I \_\_\_\_\_
- 3. When I feel a little worried, I \_\_\_\_\_
- 2. When stress is easily resolved, I \_\_\_\_\_
- 1. When I am doing well, I \_\_\_\_\_
- 0. When life is good, I \_\_\_\_\_

**SAMPLE CHECK IN**

**CHECK IN Today's Date:** \_\_\_\_\_

Time of day    Morning    Afternoon    Midday    Before bed

What am I feeling? (Physical/Emotional/Social, Behavioral, Cognitive)

\_\_\_\_\_

- 7 - Angry or afraid
- 6 - Overwhelmed
- 5 - Busy dealing with stress
- 4 - Frustrated
- 3 – A little Worried
- 2 - Stress resolved easily
- 1 - Doing well
- 0 - Life is good

Why does this make sense with my Biography?

\_\_\_\_\_

Is this part of a larger theme?    Yes    No

Of course I am reacting this way... I am the one who... \_\_\_\_\_

What do I want for myself? \_\_\_\_\_

What do I need for myself? \_\_\_\_\_

What can I try? \_\_\_\_\_

TIMING - Now/ Not Now, When? \_\_\_\_\_

What would be Good Enough? \_\_\_\_\_