



## Stress Triggers and Self-Care Behaviors Worksheet

Doing a candid assessment of whether you handle your stress in a productive or destructive way can help you identify habits to change for your Self-Care Plan. Keep a diary of your stress triggers and make a note about how you tend to respond to them. This exercise can help you gain more self-awareness about how to manage your stress, anticipate stressful situations, and identify bad habits you need to change.

Stress Trigger	Self-Care Behavior	Negative or Positive?	If negative, what positive behavior can replace it?