PARAMOUNT
COUNSELING SERVICES
Compassionate Care. Meaningful Growth.

Stress Reset Worksheet

Pause. Breathe. Rebalance.

Stress is a natural part of life, but chronic stress can impact your mood, sleep, and overall well-being. Use this worksheet to reset, recharge, and find balance again.

1 Check In: How Stressed Do You Feel?

Rate your current stress level on a scale of 1-10.

1 2 3 4 5 6 7 8 9 9 10

Not Stressed — Extremely Stressed

2 Identify Your Stress Triggers

What's contributing to your stress right now?

- ☐ Work or school
- ☐ Relationships
- ☐ Health concerns
- ☐ Financial worries
- ☐ Too much on my plate
- ☐ Other: _____

3 Try a Quick Reset

Choose 2-3 strategies to try right now.

- ☐ **Take 5 deep breaths** (inhale for 4, hold for 7, exhale for 8)
- ☐ **Step away and move** (stretch, walk, or do light exercise)
- ☐ **Hydrate** (drink a glass of water)
- ☐ **Practice mindfulness** (focus on what you can see, hear, or feel)
- ☐ **Listen to calming music**

4 Reframe Your Thoughts

Stress often starts with our thoughts. Try shifting negative thoughts to more balanced ones.

Stressful Thought	Balanced Thought
"I can't handle everything."	*"I can take things one step at a time."*

5 Build Your Self-Care Plan

Choose activities that help you feel calm,centered, and supported.

- ☐ **Get quality sleep (7-9 hours)**
- ☐ **Fuel your body with nutritious foods**
- ☐ **Engage in activities you enjoy**
- ☐ **Lean on your support system**
- ☐ **Practice relaxation (meditation, journaling)**
- ☐ **Include movement in your day**
- ☐ **Other:**

6 Reflect & Reset

After trying these strategies, how do you feel?

- ☐ Calmer
- ☐ More focused
- ☐ Less overwhelmed
- ☐ Still stressed, but better
- ☐ Other: _____

Remember:
You deserve peace, balance, and support.

Your Ongoing Stress Reset Plan

What will you do regularly to manage stress and support your long-term well-being?

_____

_____