

Ruth Skutezky Counselling Services

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Worry Log

Worry logs can help to track what is causing stress in your life. This provides information about how it can be managed. For example, do we need to find ways for you to: avoid stressors, be more proactive in solving problems, use relaxation, alter perceptions, or make lifestyle changes?

Worry <i>I am worried that...</i>	Can something be done about it?	If yes, what can I do to improve the situation?	What can you do to reduce stress? (List)	What unhealthy ways of coping with worry are you tempted to use? (List)
<i>I am worried that I am going to get fired because I can't meet my deadline.</i>	Yes	<ul style="list-style-type: none"> – Do my best to meet the deadline – If I don't finish in time, I know that it may have been an unrealistic deadline to begin with 	<ul style="list-style-type: none"> – Write out a plan for how I will tackle this task – Go to bed early so I will be more productive tomorrow – Write in my journal to vent 	<ul style="list-style-type: none"> – Stay up late worrying about losing my job – Drink heavily – Spend the night at home watching TV

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Unhealthy and Unproductive Ways of Coping with Stress

- Smoking or drinking too much
- Overeating or under-eating
- Eating food with poor nutritional value
- Zoning out for hours in front of the computer or TV
- Withdrawing from supportive friends, family, and activities
- Sleeping too much or too little
- Procrastination or avoidance
- Taking out your stress on others (violence, angry outbursts, etc.)
- Blowing the problem out of proportion
- Seeing only the negative
- Minimizing the problem that is causing stress and the effect it is having on you
- Blaming others unnecessarily for the problem
- Behaviours like nail biting or skin picking

Healthy and Productive Ways of Managing Stress

- Reduce caffeine and sugar intake
- Ensure adequate sleep
- Exercise, stretching, yoga
- Competitive sports
- Eating a balanced diet and taking the time to prepare healthy meals
- Drink lots of water
- Take control over your environment and lifestyle if it is causing you unnecessary stress
- Spend time with loved ones who can put things in perspective and remind you of your qualities
- Listen to music
- Write in your journal
- Clean your house or apartment
- Make to-do lists
- Take a long bath or shower
- Meditation, relaxation, visualization, breathing exercises
- Worry exercises