

Two-Minute Journal

- ✘ Something I am grateful for today
- ✘ The best thing that happened today
- ✘ Something I did well today
- ✘ How I could have made today better
- ✘ How I'll make the rest of today better

Stress Management

A stressor is any situation that causes strain or hardship.

List your top three stressors:

Scale 1 (not at all) - 5 (extremely stressful)

1.
2.
3.

Are any thinking traps influencing your stressor(s)?

Thinking Trap	Alternative Statement

What would reduce your stressors (focusing on the things within your control)?

1.
2.
3.

Self-Care Guide

	Coping Strategy	Resource	Contact person
Prevention			
Mild			
Moderate			
Severe			

Thinking Traps

<p>Mental filter Focusing only on the negative parts of a situation and ignoring anything good or positive.</p>	<p>Catastrophizing You believe that what has happened or will happen will be so awful and unbearable that you won't be able to stand it. For example: "It would be terrible if I failed."</p>
<p>Overgeneralizing Thinking that a negative situation is part of a constant cycle of bad things that happen. People who overgeneralize often use words like "always" or "never."</p>	<p>Perfectionism Not allowing yourself to make mistakes or being overly critical of your mistakes</p>
<p>Black and White Thinking Seeing things as only right or wrong, good or bad, perfect or terrible. People who think in black and white terms see a small mistake as a total failure.</p>	<p>Mind reading Jumping to conclusions about what others are thinking, without any evidence.</p>
<p>Fortune-telling Predicting that something bad will happen, without any evidence.</p>	<p>Emotional Reasoning Believing that bad feelings or emotions reflect the situation.</p>