Stress worksheet

Compare pressures with available resources. Include organisational and practical problems, not only personal habits.

Editable PDF: replace or delete the fictional examples. Blank PDF: print and write. Guidance follows.

Demands: tasks and pressures

Resources: time, energy and support

What happens when I am overloaded?

What needs changing around me?

What can I change or ask for?

First step / support / review date

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Using this resource

Stress worksheet

What this helps with

Stress can arise when demands exceed available time, energy, control or support. This map compares the demands around you with the resources you can draw on. It makes room for organisational and practical changes as well as personal responses. It is not a circular disorder model and does not assume that stress is caused mainly by faulty thinking.

How to use it

1. List the main demands and what each requires from you.
2. Note the time, energy, control and support actually available.
3. Identify thoughts or rules that increase pressure, without dismissing genuine obligations.
4. Record how you respond and what happens to recovery or support.
5. Choose one practical need and one possible response to discuss or change.

A fictional worked example

Rina was caring for a relative while covering extra shifts. She told herself that asking for help would let everyone down, skipped breaks and answered messages late at night. Her map showed that the workload was genuinely too large, not simply a problem with her attitude. She identified a rota discussion and advice about caring support as practical priorities. She also noticed that replying immediately to every non-urgent message extended the working day. Her first plan combined asking for help with one agreed limit on evening messages. She did not set a goal of becoming calm enough to tolerate unlimited demands.

Keep in mind

Include actual inequalities, illness and unsafe conditions; do not use the map to blame yourself for them. If workload or relationships pose a risk, seek appropriate support. New physical symptoms need suitable healthcare advice rather than being assumed to be stress.

Sources and attribution

NHS. Every Mind Matters: Stress.

Health and Safety Executive. Work-related stress and how to manage it: Causes of stress at work.

Health and Safety Executive. What are the Management Standards? Accessed 24 October 2026.

Original material informed by the sources above. No outside organisation endorses this worksheet.

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