



## Stress Inoculation Worksheet

You can complete this planning tool individually or as a group of staff members to identify the most likely or most extreme sources of stress you're likely to encounter, and to plan for how to most effectively deal with each source. Those potential stressors are likely to change over time, so it's a good idea to revisit this plan periodically.

- 1) Name it to tame it.** What are the specific stressors you are experiencing or worrying about right now? Be as specific and concrete as possible. Identifying which particular aspects of a stressful or overwhelming situation you are actually concerned about helps break it down into manageable parts and gives it structure.

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- 2) Evaluate the likelihood of each stressor really impacting you.** Are there any that are unlikely or low-risk enough that you can cross them off the list? If so, do that to reduce your list to the items that really deserve concern.

- 3) Select the stressors that concern you most and rate how you feel about each one:**

1. Irritating but I can handle it
2. Moderately stressful
3. Very stressful
4. Anxiety-inducing
5. Fear-inducing

Stressor	Rating

#### 4) Evaluate your level of control over each stressor.

If you appraise a situation and find that aspects can be **changed or resolved**, a problem-focused coping strategy is most helpful. This can involve:

- Breaking problems into manageable parts
- Brainstorming alternative approaches to dealing with the issue
- Skill development, like additional training
- Seeking advice from other people

Stressor can be controlled or changed	Brainstorm what you can do to control or change it

If **little or nothing can be changed** about the issue, then emotion-focused strategies will be most helpful. Elements include:

- Distress tolerance
- Relaxation
- Emotion regulation
- Anger management
- Distraction skills

<b>Stressor cannot be controlled or changed</b>	<b>Brainstorm what you can do to cope with it by managing your internal reactions</b>