



Stress Management Campaign

WEEK THREE

Smart Strategies for Stress Management

Welcome to week three of the Stress Management Campaign!

Included in this packet are all the resources you need for your third week.



STRESS MANAGEMENT CAMPAIGN

Week Three Overview

Smart Strategies for Stress Management

Remember to track each completed activity on your campaign tracking sheet!

Watch 'Practical Strategies for Stress & Anxiety'

Watch Now



Complete 'Behavioral Activation'

Pages 3

Activate behavior changes to improve mood and reduce stress.

Complete 'Challenging Anxious Thoughts'

Pages 4-5

Practice catching irrational thoughts and replacing them with rational alternatives.

Complete 'Weekly Schedule for Behavioral Activation'

Pages 6

Create a schedule of activities that will lead to you having positive experiences in your day.



GBS Behavioral Health

Behavioral Activation

You can begin to decrease depression by engaging in activities you find enjoyable, and by taking care of responsibilities that you have been neglecting.

List three activities you enjoy:

1.	
2.	
3.	

List three responsibilities you need to take care of:

1.	
2.	
3.	

Try doing at least one activity or responsibility each day. Use the following scale to rate your depression, pleasant feelings, and sense of achievement before and after the activity.

None

Moderate

Extreme

0	1	2	3	4	5	6	7	8
---	---	---	---	---	---	---	---	---

Activity <i>Location, Date, Time</i>		Depression	Pleasure	Achievement
	<i>Before</i>			
	<i>After</i>			
	<i>Before</i>			
	<i>After</i>			
	<i>Before</i>			
	<i>After</i>			



GBS Behavioral Health

Challenging Anxious Thoughts

Anxiety can be a healthy emotion—it forces us to focus on our problems and work hard to solve them. But sometimes, anxiety grows out of control and does just the opposite. It cripples our ability to solve problems. When this happens, **irrational thoughts** often play a role.

In this exercise, we will practice catching our irrational thoughts and replacing them with rational alternatives. With enough practice, this will become a natural process that can help you manage anxiety.

Describe a common situation that triggers your anxiety.

Example: “giving a speech in front of a crowd” or “driving in rush hour traffic”

Anxiety distorts our thinking by causing us to **overestimate the likelihood of something going wrong** and **imagine the potential consequences as worse than they really are**.

Sometimes, just taking a moment to think about these facts can help us recognize our irrational thoughts.

Imagine you are faced with the anxiety-producing situation from above. Describe the...

Worst Outcome:

Best Outcome:

Likely Outcome:

Imagine the worst outcome comes true. Would it still matter...

1 Week from Now:

1 Month from Now:

1 Year from Now:

Usually, anxious thoughts focus on the worst possible outcomes, even when they aren't likely. For example, a person who is nervous about giving a speech might think: *"I am going to forget everything and embarrass myself, and I'll never live it down"*.

As an outside observer, we know that an alternate, more rational thought might be: *"My speech might only be OK, but if I do mess up, everyone will forget about it soon enough"*.

Using your own "worst outcome" and "likely outcome" from above, describe your...

Irrational Thought:

Rational Thought:



GBS Behavioral Health

Weekly Schedule for Behavioral Activation

Create a schedule of activities that will lead to you having positive experiences in your day. If you are feeling depressed or unmotivated, it might be difficult to complete large or complex tasks. If this is the case, start with simple goals and work your way up to more challenging activities.

Day	Morning	Afternoon	Evening
Example	› Wake up by 8 am. › Eat a full breakfast.	› Go for a 15-minute walk.	› Call a friend. › Practice guitar.
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



© GBS Population Health
Stress Management Campaign | Week Three Resource Packet