

Brain Dump Worksheet

Instructions:

1. Write down the things that you are stressed, worried, and/or anxious about and the ways your body is showing you signs of stress (i.e. headaches, accelerated heart rate, fidgeting, racing thoughts, restlessness, etc.)
2. Organize your thoughts and feelings into things you have control over and things you do not have control over
3. Put an X through the things you do not have control over
4. For the things you do have control over, brainstorm ways you can take action towards reducing the stress they are causing you. Focus on one thought or feeling at a time

Thoughts

Feelings

What I Have Control Over

What I Do Not Have Control Over