

# STRESS MANAGEMENT FOR TEACHERS

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**HANDOUT 4.2**

**Mood Monitoring Form with Three Feelings**

Sunday	Happy	10	9	8	7	6	5	4	3	2	1
	Calm	10	9	8	7	6	5	4	3	2	1
	Anxious	10	9	8	7	6	5	4	3	2	1
Monday	Happy	10	9	8	7	6	5	4	3	2	1
	Calm	10	9	8	7	6	5	4	3	2	1
	Anxious	10	9	8	7	6	5	4	3	2	1
Tuesday	Happy	10	9	8	7	6	5	4	3	2	1
	Calm	10	9	8	7	6	5	4	3	2	1
	Anxious	10	9	8	7	6	5	4	3	2	1
Wednesday	Happy	10	9	8	7	6	5	4	3	2	1
	Calm	10	9	8	7	6	5	4	3	2	1
	Anxious	10	9	8	7	6	5	4	3	2	1
Thursday	Happy	10	9	8	7	6	5	4	3	2	1
	Calm	10	9	8	7	6	5	4	3	2	1
	Anxious	10	9	8	7	6	5	4	3	2	1
Friday	Happy	10	9	8	7	6	5	4	3	2	1
	Calm	10	9	8	7	6	5	4	3	2	1
	Anxious	10	9	8	7	6	5	4	3	2	1
Saturday	Happy	10	9	8	7	6	5	4	3	2	1
	Calm	10	9	8	7	6	5	4	3	2	1
	Anxious	10	9	8	7	6	5	4	3	2	1

*Positive thoughts or activities that made me happy, calm, or relaxed:* \_\_\_\_\_

*Negative thoughts or activities that made me sad, mad, or anxious:* \_\_\_\_\_

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## HANDOUT 5.2

### Common Negative Thoughts and Their Positive Replacements

Negative Thoughts	I have this thought sometimes	Positive Replacement Thought
I'm a terrible teacher.		
It's awful to be disrespected.		
This will never work.		
I can't stand this.		
This is too hard.		
This is not fair.		
I have too many students.		
I can't do this.		
I am losing control.		
I hate being disrespected.		
His parents just don't care.		
She's doing this on purpose.		
I can't let him get away with that. It will make me look weak.		
No one ever supports me.		
This paperwork is such a waste of time.		
I don't know what I'm doing		
This is hopeless.		
He doesn't care, so why should I?		
I must get control of this classroom.		
These students should listen to me.		
He always acts this way.		

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## HANDOUT 5.7

### Positive and Negative Method Goal Setting


<b>This week I am going to use the following strategies for increasing positive thoughts and decreasing negative thoughts:</b>	
<b>Positive Strategy</b>	<b>Negative Strategy</b>
<input type="checkbox"/> Inspiration and recalling passion <input type="checkbox"/> Priming <input type="checkbox"/> Using cues <input type="checkbox"/> Acknowledging accomplishments <input type="checkbox"/> Self-rewarding thoughts	<input type="checkbox"/> Worry time <input type="checkbox"/> Time projection <input type="checkbox"/> Exaggeration
My current rate is _____ positive thoughts for every _____ negative thought. By the end of the week my goal is to have _____ positive thoughts for every _____ negative thought. Each day, I reach my goal I will reward myself with the following self-rewarding thoughts: _____ _____ _____.	
When I reach my goal for 3 or more days in a row, I will reward myself with _____ _____ _____ [bigger reward].	

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## HANDOUT 6.7

### ABCDE Worksheet (with Instructions)

*Instructions:* Whenever you have an emotional reaction, write it down. Start with your emotional consequences (C). You may feel more than one emotion in response to an event, so write them all down. Next, reflect on what happened just prior to your emotional reactions and write this down in the activating event (A) section; be sure to stick to the facts (who, what, where, when). Next, reflect on your interpretation of the event, your thoughts and beliefs (B) that are connected to each emotional consequence you listed in (C). Actively dispute each maladaptive belief (B) using socratic questions and write down more adaptive beliefs in (D). Finally, ask yourself how you feel now to see if you have a new effect (E).



A  
Activating Event

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B  
Beliefs

How much do you believe each belief?  
Rate 0-100 before and after Disputing.

	Before	After

C  
Consequences (Emotions)

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Just the Facts

(1) What happened just before I started feeling upset?

(2) Who? What? Where? When?

What Were You Thinking?

(1) What went through my mind about A that caused C?

(2) Why does that bother me?

(3) If my belief is true, so what?

(4) What does it say about me?

(5) What is the worst part of it?

(6) Are these thoughts enough to make me feel this bad?

✓ Watch for "should," "must," "never," "always," "awful."

✓ Think of thoughts in complete sentences.

How Were You Feeling?

(1) What am or was I feeling?

(2) What's the strongest Feeling?

✓ Use single words to identify my feelings.

Questioning

(1) What's the proof?

(2) Are there other ways of thinking about it?

(3) What would an optimist think?

(4) What would I tell a close friend in the same situation?

(5) How does it help/hurt me to think this way?

(6) How will I feel about this in a week/month/year/decade?

D  
Disprove/Dispute/Debate

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E  
Evaluate

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Evaluate/Exonerate

(1) How do I feel now?

(2) Did I exonerate myself?

(3) If I don't feel better, find new arguments in D.

**HANDOUT 7.2**

**Pleasant Events I Want to Try**

<b>Activity</b>	<b>Currently Doing</b>	<b>Tried in Past</b>	<b>Like to Try</b>
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			

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**HANDOUT 7.3**

**Pleasant Events Goals and Weekly Schedule**

<i>Time</i>	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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*My goal is to do \_\_\_\_\_ pleasant activities each day and \_\_\_\_\_ pleasant activities for the whole week. When I reach my daily goal I will reward myself with \_\_\_\_\_ [smaller reward]. When I reach my weekly goal I will reward myself with \_\_\_\_\_ [bigger reward].*

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## HANDOUT 9.1

### Self-Affirmation Manipulations to Encourage Adaptive Functioning

	Yes or No	Specific Example
1. Have you ever forgiven another person who has hurt you?		
2. Have you ever been considerate of another person's feelings?		
3. Have you ever been concerned with the happiness of another person?		
4. Have you ever put another person's interests before your own?		
5. Have you ever been generous and selfless to another person?		
6. Have you ever attended to the needs of another person?		
7. Have you ever tried not to hurt the feelings of another person?		
8. Have you ever felt satisfied when you have helped another person?		
9. Have you ever gone out of your way to help a friend, even at the expense of your own happiness?		
10. Have you ever found ways to help another person who was less fortunate than yourself?		

Based on Reed and Aspinwall (1998) and Armitage, Harris, Hepton, and Napper (2008).

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