

What's causing your stress around colitis?

This short activity helps you notice which stresses are using up the most of your capacity and which ones may be possible to reduce. Nothing you write here is stored online — print or save this worksheet and complete it privately.

Sorting metaphor



1

Unload everything

Set a timer for 1–2 minutes and write down everything that feels stressful right now, especially anything linked to your colitis. Don't worry about order or wording — just get it out.

2

Pause and notice

Read what you wrote without trying to fix anything. Simply notice what stands out.

3

Sort by size (pebbles / stones / boulders)

Rewrite each stressor beside the size that feels right for you. There's no right or wrong answer — go with what feels true for you.

4

Spot what feels heaviest

Ask: 'Is there one worry (or a group of worries) that feels heavier or more important right now?' Circle or highlight it.

5

Consider what might help

Ask: 'Is there something that could ease this, even a little?' For example: a small action, finding information, asking for support, or accepting what's outside your control.

Write your stresses below and sort them by size



Pebbles



Stones



Boulders

Private use: Complete on paper or save this PDF locally. The Better Days website does not collect or store what you write.

If your main stress relates to talking about colitis, daily life, or health decisions, explore those sections on the site. For wider support, see Crohn's & Colitis