

Stress Management Plan

You can better react to stress if you have a plan in place to deal with it.

When?	What will you do? Examples
Prevention	What do you do to beat stress before it gets to you? <ul style="list-style-type: none"> ● Exercise consistently ● Eat foods that are good for you ● Try to get good quality sleep ● Do fun things often ● Meditate
In the moment	What can you do when stress is happening? <ul style="list-style-type: none"> ● Deep breathing ● Self-talk ● Cognitive-behavioral strategies: Does my level of stress match the actual situation or issue? ● Other relaxation strategies like visualization, progressive muscle relaxation ● Use apps if needed: Insight Timer, Headspace, Calm
Afterwards	What can you do after a stressor or stressful event? <ul style="list-style-type: none"> ● Schedule some downtime for yourself ● Don't overcommit yourself ● Relaxation strategies

Dose of Stress Relief	Examples
Low	Stretch, take a break, deep breathing
Medium	Go for a walk outside, meditate, take a warm bath
High	Go to the gym, go for a hike outdoors, spend time with a close friend, have a spa day

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Create your own stress management plan.

When?	What will you do?
Prevention	What do you do to beat stress before it gets to you?
In the moment	What can you do when stress is happening?
Afterwards	What can you do after a stressor or stressful event?

Dose	Activities
Low	
Medium	
High	