

# MY PERSONAL STRESS PLAN



## POINT 1: IDENTIFY AND ADDRESS THE PROBLEM

When I have too many problems, I will work on just one at a time. I will:

- Seek advice from family members and learn from their experience how to better handle problems.
- Take big assignments and learn to make lists or timelines.
- Work in teams so that I will learn that when people work well together they can do much more than if they work alone.

## POINT 2: AVOID STRESS WHEN POSSIBLE

Everyone has stress, there are things I can stay away from that really stress me out.

I will avoid:

- Certain people like \_\_\_\_\_
- Certain places like \_\_\_\_\_
- Certain things like \_\_\_\_\_

## POINT 3: LET SOME THINGS GO

I realize that I waste some of my energy worrying about things I can't fix. Here are some things I will try to let go so I can focus on problems I can change.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## POINT 4: THE POWER OF EXERCISE

I will exercise for at least 20 minutes every other day.

The kinds of things I like to do include:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## POINT 5: ACTIVE RELAXATION

I will try to teach my body to relax by using:

- Exercise that controls the body, releases tension
- Deep breathing
- Mindfulness
- Warm bath or shower
- \_\_\_\_\_

## POINT 6: EAT WELL

I understand that good nutrition makes a difference in my health and how well I deal with stress. I will eat healthy by:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## POINT 7: SLEEP WELL

I know that people who get a good night's sleep do a better job of dealing with stress and do better in school. For me to get the sleep I need, I will try to go to bed at \_\_\_\_\_:

I will consider the following to help me get a good night's rest:

- Avoid caffeine at least 6 hours before bed
- \_\_\_\_\_

## POINT 8: TAKE INSTANT VACATIONS

Everyone needs to be able to escape problems for a while by taking an instant vacation.

I will:

- Read a book
- Watch television
- Listen to music
- \_\_\_\_\_
- \_\_\_\_\_

## POINT 9: RELEASE EMOTIONAL TENSION

I will try to let my worries go, rather than letting them build up inside.

- I will talk to \_\_\_\_\_ because I know they give good advice.
- I will ask my \_\_\_\_\_ to help me.

## POINT 10: CONTRIBUTE TO THE WORLD

I know that people who realize they are needed feel better about themselves because they can make a difference in other people's lives.

I plan to:

- Help a member of my family by \_\_\_\_\_
- Volunteer in my community by \_\_\_\_\_
- Help the environment by \_\_\_\_\_