

My Stress Management Action Plan

Name: _____

Instructions: Use this guide to set up your own personal plan to help you manage one source of stress (a **stressor**).

1. List one thing that causes you stress:

2. List one thing you will do to help manage the stressor:

3. List at least one person you can talk to about the stressor you listed for step 1.

4. Use this plan for one week, every time the stressor is bothering you. Due date: _____

5. Evaluate your plan:

- a. Tell if it worked well or not. Circle one:

Very well Pretty well Not very well Not at all

- b. Did you use your plan when the stressor was a problem?
Circle one:

Always Sometimes Rarely Never

- c. What would you change about your plan or use of it (if anything)? Why?
