Stress Management Plan Worksheet

____________________________’s Stress Management Plan
(enter your name here)

Answer the following questions to help you identify your stressors and your responses to those stressors. Refer to Tips To Manage Your Stress below for ways to manage your stress.

The following things stress me out the most:
1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________

I can tell I am feeling stress because the following things happen to my body:
1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________

When I am feeling stressed, I have found the following things help me relax:
1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________

Tips To Manage Your Stress

• I will try to avoid the things that stress me when I can.
• I will listen to my body, and when it feels under stress, I will try to identify the cause.
• I will practice the relaxation techniques that have worked for me in the past.
• AND I will remember to remain flexible and try different things to reduce my stress.