

Stress Management Plan

Recognize the Causes of Stress	
1.	What causes you to feel stressed?
2.	What are the consequences of being stressed?
Recognize your Values & Manage your Time	
3.	What are your top priorities?
4.	How are you managing your time?
Responding to and Managing Stress	
<u>Manage the effects of stress</u> 5. <i>Check off what you would be willing to try</i>	Relaxation Techniques: <input type="checkbox"/> Deep breathing <input type="checkbox"/> Meditation <input type="checkbox"/> Focus on relaxing images Healthy Living: <input type="checkbox"/> Eating Healthy <input type="checkbox"/> Exercising <input type="checkbox"/> Getting enough sleep
<u>Be calm and relaxed</u> 6. <i>Check off what makes you feel calm</i>	This makes me feel calm: <input type="checkbox"/> Listen to music <input type="checkbox"/> Walking <input type="checkbox"/> Reading <input type="checkbox"/> Seeing friends <input type="checkbox"/> Hobbies <input type="checkbox"/> Journaling <input type="checkbox"/> Other: _____
<u>Seek support</u> 7.	Who can you talk to? Who is part of your support group? (Counseling is a resource for you to utilize-HSC 124, 992-2614)
<u>Daily stress management</u> 8.	What I need to do daily to maintain my wellness: 1. 2. 3.
9.	What else can you consider doing to maintain a lower level of stress?

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