

# STRESS MANAGEMENT PLAN



## Check in with yourself...

Taking time to find a quiet place without distractions to check in with yourself can put your mind at ease. You are going to take a moment to try this stress management activity while sitting at your desk.

## Do something fun...

Take time to do something you enjoy! Laughing, being with people you love, and having fun are great stress relievers. Make a short list of things that are fun to you.

## Talking with someone...

Talk to someone about your stress. The process of talking to a trusted adult or a friend about what you are stressed about can help relieve the pressure of your stressor. Saying things out loud in words makes that feel more manageable. Others can also offer a different way to look at your stressors or advice on how to manage it.

## Other...

What works for you to relieve stress may not be on this list. Be creative and add what helps you!

**Be specific with your plan.** For example, instead of just writing "do something fun". Write exactly what you will do to have fun, such as inviting a friend over or whatever you plan to do.

## When I am feeling stressed I can.....

1 • \_\_\_\_\_

2 • \_\_\_\_\_

3 • \_\_\_\_\_