

# STRESS MANAGEMENT PLAN

1. Describe a situation/event/thought that is causing you to experience increased stress.

2. How will you know (what are your cues) that your stress level is increasing? Be as specific as you can.



3. What will you do to deal with this particular stressful situation/event/thought?



4. How have you successfully dealt with stress in the past?

5. How will you know that your stress level has decreased? Be as specific as possible.



6. Do you have a physical exercise plan?