

Constructing a Plan for Managing Stress

What are the main sources of stress in your life? Use the Sources of Stress Checklist to help identify your stressors.

How are you currently dealing with the stress in your life? Do you use different strategies for different stressors?

Identify one stressor to work on.

Is this:

- Something you can control? Y N
- Something you can only influence? Y N
- Something you are not able to control? Y N

TIP: Work on the stressors that you have control over or can influence. If you are not able to control the stressor then consider adjusting your response to it.

Describe your goal. (What would you like to do or change?)

TIP: Decide if you will work on reducing the stressor or on improving your response to it.

Which strategy/strategies will you use? (Ex. Time management, self care or a combination of strategies)

What actions and activities will you change? (Map out the steps)

TIP: Make the steps concrete, detailed and doable.

What will make this process easier?

What will the barriers be?

TIP: Identify how you will get through the barriers – ask for help and support from others – you will likely be able to return the favor one day!