

\_\_\_\_\_ 's Stress Management Plan

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.