

Stress Management Plan



Teach and Take Time for You

Create a stress management plan to help find balance between school and home.

What Are Your Stressors?



There are two types of stress.

GOOD STRESS (eustress) that comes from enjoyable situations. (i.e., winning an award, winning a championship game)

BAD STRESS (distress) that is harmful to the body or mind. (i.e., too many responsibilities and work at home or the job.

Stressors (Identify things that cause eustress.)	Physical Symptoms	Mental Symptoms

Stressors (Identify things that cause distress.)	Physical Symptoms	Mental Symptoms

Review the identified areas of stress. What stressors cause you the most concern?

Relieve or Eliminate Stress



Here are examples of things you can do to relieve stress.

Exercise regularly

Manage your time

Eat a balanced diet

Relax & Sleep

Self-Care

Have a support system

Avoid stimulants caffeine, nicotine, sugar and colas

Create Your Stress Management Plan

Your goal is to learn to cope, prevent or relieve stress. You identified stressors and now it's time to create a plan. Describe your stress management plan. Review the sample below. Then complete your stress management plan.

Activity	Describe what you will do to relieve or prevent stress. Be specific and stick to your plan.
Exercise	Plan to exercise regularly. Jogging, swimming or yoga are good exercises. Choose an exercise and routine that is a good fit for you. Also, practice breathing and stretching routines.
Eating Healthy	Nutrition is very important to our physical and mental health. During stressful moments, we turn to comfort food. It's not always good for us. Foods to include in your healthy diet are high fiber and carbohydrate rich. Include fresh fruits and vegetables. Avoid high fat foods, caffeine and sugar.
Sleep	Do you get enough sleep? Many people do not get sufficient sleep. Take steps to insure a good night sleep. Turn off electronics, email, smartphones, etc. Take a nice long bath before bath. Figure out what works for you.
Relax	Find ways to relax. Take a long walk. Watch the sunset. Create a quiet space in your home. Sip a cup of herbal tea. Find a hobby.
Support System	Everyone needs friends and family for support and trust. Reach out and touch someone through a phone call or home visit. Talk to someone about your anxieties, problems or thoughts.
Self-Care	It is all about you! Know that you have limits and accept it. Do something that you love. Spend time on you and you only!
Time Management	There is never enough time! Plan by making weekly schedules. Set goals and delegate some responsibilities to others.
Avoid Stimulants	Avoid the morning, afternoon and evening coffee! Avoid self-medicating with alcohol, cigarettes or medications to reduce stress.



It's time to create your stress management plan!

Your Stress Management Plan

Activity	Describe what you will do to relieve or prevent stress. Be specific and stick to your plan.
Exercise	
Eating Healthy	
Sleep	
Relax	
Support System	
Self-Care	
Time Management	
Avoid Stimulants	

The most difficult part of a plan is sticking to it. Pace yourself and take baby steps. Once you've developed a solid routine, keeping stress out of your life becomes easier.