

Stress Management Plan

Step 1: Identify your triggers: Think about what situations, thoughts, actions, or symptoms are common triggers for your stress. In other words, what causes you to feel stressed?

Some of my triggers for strong emotions are:

Step 2: Evaluate your response: How you typically respond to stress:

- Are there certain things you do when you feel stressed?
- Are there certain things you stop doing when you feel stressed?
- Are your responses helpful or not helpful?
- Do your responses make your situation worse or better?
