

WORRY MANAGEMENT PLAN

Stress is less about what happens to you and more about how you take it. Learn a new point of view:

How can your stress be seen more as:

“Interesting” _____

“Challenging” _____

“Exciting” _____

Identify 3 times where you rose above the challenge and handled the stress really well:

1) _____

2) _____

3) _____

What can I change about this situation? _____

What can I let go about this situation? _____

What can I accept about this situation? _____

Don't skimp on sleep! What needs to change about my sleep habits? _____

Aerobic Exercise: How can I raise your heartrate/sweat more? _____

What stress enhancing food choices do I need to change? _____

Raise Your Awareness About Your Stress

Connect the dots between my symptoms and their sources (Ex: A certain person walks in to the room and your heart starts racing, You start perspiring before speaking in front of a group of people): _____

Rate your stress on a scale from 1-10 (Most people fluctuate between a 2 and 7 during work day). _____

(When you notice it rising do something adaptive to lower it (breathe deeply / change your perspective on the issue)

Resiliency Factors

Having supportive and caring relationships that offer encouragement and reassurance. When should I reach out for help? _____

To who? _____

Having a positive self-image and confidence in personal strengths and abilities. What has helped in the past/when have I persevered in the past? _____

When can I do a better job at staying calm? _____