

STRESS ACTION PLAN

MAKE A LIST OF EVERYTHING THAT IS STRESSING YOU OUT! WRITE THE MOST STRESSFUL THINGS AT THE TOP OF YOUR LIST. IN THE NEXT COLUMN, WRITE DOWN WHAT YOU CAN DO TO DEAL WITH THAT STRESSOR. IN THE LAST COLUMN, WRITE DOWN WHEN YOU CAN GET IT DONE!

WHAT'S STRESSING ME OUT?	WHAT CAN I DO ABOUT IT?	WHEN CAN I DO IT?

EVERY TIME YOU START TO FEEL STRESSED AND OVERWHELMED, CREATE A NEW ACTION PLAN!

