

Less Stress Is Best!

We know life is stressful and sometimes you need resources to help. Resources can be all kinds of different things – like types of support (people, organizations, materials to do a project) but also the amount of time or energy you have.

Step 1: What resources do you have? Are there resources you need or need more of? Identify one resource you could try to get more of and a step you will take to get that.

Step 2: Self-care is also an important part of managing stress. How well are you taking care of yourself? If you need help increasing self-care – try making a plan!

What do I want to get from self care? How will it help me?

Step 3: Come up with ideas of ways to start and then try one.

Set a goal. Find areas that you could make a change and come up with 3 ideas you could try. Then set a plan for yourself.

Example:

Goals: Having more energy or being in a better mood.

Areas I could change: Get enough sleep or move my body more.

Ideas:

- Put down my phone 15 minutes earlier.
- Try deep breathing at night to help fall asleep.
- Ask my family member to watch my kids for a few hours on the weekend, so I can take a nap or go for a walk.

Plan: Put down my phone 15 minutes before bed this week.

Goal:

Ideas:

Plan:
