

My Stress Management Plan

Identify Your Stress

No Stress

Very Stressed



Rate your stress on a scale of 1 to 10, how stressed are you?

What areas are stressing you out? Check all that apply.

- | | | |
|--|---|--|
| <input type="checkbox"/> Child's behavior or development | <input type="checkbox"/> Family demands | <input type="checkbox"/> Caring for others |
| <input type="checkbox"/> Child's health or safety | <input type="checkbox"/> Finances | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Work demands | <input type="checkbox"/> Uncertainty | <input type="checkbox"/> Other: _____ |

With the areas causing you the most stress – are there any changes you can make to reduce the stress?

Problem solving can help when trying to develop a plan to reduce stress.

1. Choose a goal you want to work toward. This could be: cope with stress, reduce my workload, manage sources of stress.
2. Come up with some ideas that could help, like: ask for support, give myself grace or taking action.

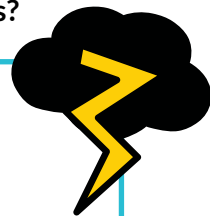
This exercise is just for you – and we want you to pick something that you feel makes the most sense for you and your goals.

Example

Goal: Reduce the amount of stress I have when I get home.

Ideas:

- ☒ Make a menu for the week so I don't have to figure out what's for dinner
- ☐ Stick to bedtimes for the kids
- ☐ Spend 15 minutes journaling or reading before bed



Write a goal or two below. Under each goal, write several ideas you could try that would change one thing. Write the pros and cons for each idea. Pick one to try and see if it helps. If not, circle back to another idea.