

## PERSONAL STRESS MANAGEMENT PLAN

Everyone exhibits signs of stress in different ways. Complete this form at a time when you are not feeling particularly stressed. Give a copy of it to someone you trust (spouse, friend, etc.) and discuss it with them. During stressful events, they may notice your signs of stress even before you are aware of them. They may also be aware of other symptoms you exhibit under stress. Most importantly, discuss what you need from them when you are feeling overwhelmed.

What signs do you exhibit under stress? Include physical symptoms (upset stomach, headaches), cognitive symptoms (can't remember, can't focus or concentrate), and behavioral/emotional symptoms (crying easily, jumpy, irritable, etc.). \_\_\_\_\_

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When you're stressed, what do you do that helps? \_\_\_\_\_

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What are some negative behaviors that you might display under stress? (We all do them! increased drinking, lashing out at family, shutting out others, etc.) \_\_\_\_\_

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When you are extremely stressed, what's the most helpful thing you can do for yourself?

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When you are extremely stressed, what do you need from others (what can they do to help)?

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