



Manage My Stress

Select the tools you'll plan to use to manage your stress levels. Fill in the blanks to complete your stress management plan. You may select between one and four tools.

I will aim to get 20 minutes of exercise as many days as possible.

My preferred type(s) of exercise are _____.

I will plan to exercise _____ times per week in the morning/afternoon/evening (circle one).

I will call a friend or family member who I can share my stressors with.

The friends or family members I feel I can share my stressors with are: _____

_____.

I will try a breathing exercise when I am feeling stressed.

The times I might feel stressed and need to use a breathing exercise are: _____

_____.

I will practice smiling and laughing to relieve some of the stress.

The times I might need to practice smiling and laughing are: _____

_____.