My Stress Management Plan

Name:
Date:

Instructions: Complete each section to create a personalized plan for managing stress. Be honest and think about what works for you.

Section 1: My Stress Triggers
What situations or tasks make you feel stressed? (e.g., "Exams," "Time management")
1. Trigger:
2. Trigger:
3. Trigger:

Section 2: Current Coping Strategies
How do you usually handle stress? (e.g., "Scroll social media," "Talk to a friend")
1. Strategy:

2. Strategy:

3. Strategy:

Section 3: New Strategies to Try
Choose 2-3 healthier ways to manage stress (e.g., "Take a walk," "Practice deep breathing")
1. New Strategy:

2. New Strategy:

3. New Strategy:

Section 4: My Backup Crew
Who can you turn to when stress feels overwhelming? (e.g., "My roommate," "Counseling Center")
1. Backup:

2. Backup:

Action Plan: This week, I will try [_____] when I feel stressed about [_____].
I'll reach out to [_____] if I need extra support.