

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.