



Stress Management Mini-Plan



I _____ want to recognise and handle my stress as best I can every day of my life.

My aim is to improve my general health and well being by gaining the benefits of stress handling

Today & tomorrow I will make small changes e.g. abdominal breathing, positive self talk, stress proofing

1. _____
2. _____
3. _____

Every day next week and for the rest of the month I will make bigger changes: e.g. take up a new activity, time manage

1. _____
2. _____
3. _____

At the end of the month if I have stayed with the plan I will reward myself by..... e.g. new outfit , spa day etc

Things I will do to help me stay with my stress handling for life: e.g healthy eating, physical activity, recognising my stress symptoms

1. _____
2. _____
3. _____

Signed..... Date.. ..

Witnessed

