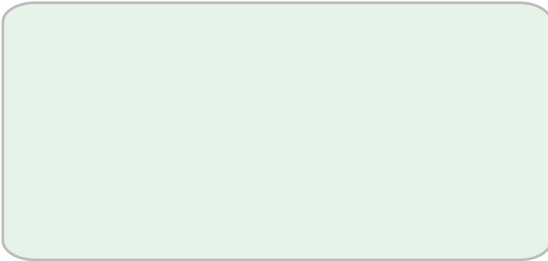


# Stress Management Plan Worksheet

Effective stress management techniques can be incorporated into your daily and weekly routines. This worksheet considers several main areas: Relaxation Skills, Diet Changes, Physical Activity, Spirituality, and Community Involvement. Choose areas that seem right for you and your lifestyle. Add your own ideas too.

**1.** Relaxation Practices: (Ex. Mindfulness, breathing exercises, journaling, hobbies)



How I can make this part of my daily life:

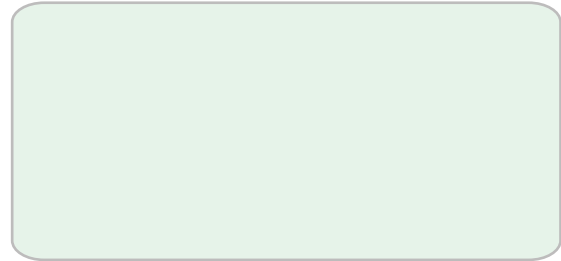
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*What might make this difficult:*

**2.** Diet: (Ex. Reduce or eliminate caffeine, eat less sugar, eat more whole foods)



How I can make this part of my daily life:

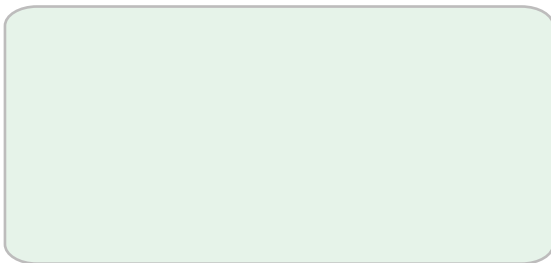
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*What might make this difficult:*

**3.** Physical Activity: (Ex. Walking, yoga, hiking, exercise, hobbies, team sports)



How I can make this part of my daily life:

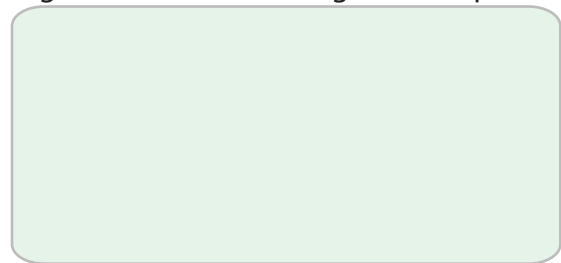
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*What might make this difficult:*

**4.** Spiritual or Community Involvement: (Ex. Volunteering, time in nature, attending religious services, building friendships, etc.)



How I can make this part of my daily life:

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*What might make this difficult:*