**Stress Self-Care Plan**

What specific or general situations are causing you the most stress right now?

1.

2.

3.

What are my physiological or psychological reactions to stress?

What thoughts are contributing to my stress?

Identify the parts of these situations that you can control.

Identify 3 behaviors that can help you cope with your stress on a short-term basis (when you are stressed, what can you do immediately to help you deal with your stress):

1.

2.

3.

Identify 3 behaviors that can help you cope with your stress on a long-term basis:

1.

2.

3.

To keep my stress at a manageable level, I will…