

My Stress-Management Plan

Directions: Describe 3 stressors you face in your life. Then:

- Suggest at least 1 negative response you might have to each stressor and explain why it would not be an effective way to handle the stress.
- Describe at least 2 positive responses that would help you manage each stressor. Be specific.
- Identify which of the stress-management techniques you learned today would be most effective with each of these stressors and explain why you chose it.
- Star or circle a positive response or stress-management technique you intend to try in response to one of these stressors in the future.

Stressor 1:	Stressor 2:	Stressor 3:
Negative response:	Negative response:	Negative response:
----- Why it's not effective:	----- Why it's not effective:	----- Why it's not effective:
Positive responses:	Positive responses:	Positive responses:
Stress-management technique:	Stress-management technique:	Stress-management technique:
----- Why it would be effective:	----- Why it would be effective:	----- Why it would be effective:

Self-Check

- I described 3 stressors in my life, suggested 1 negative response to each, and explained why this would not be an effective way to manage the stress.
- I described 2 positive responses to each stressor.
- I identified which stress-management technique would be most effective in helping me deal with each stressor and explained why.