My Personal Stress Plan

Part 1: Tackling the Problem

Point 1: Identify and Address the Problem. When I have too many problems, I will work on just one at a time. For example, I am going to pick one huge problem and break it into smaller pieces.

1) I will seek advice from family members and learn from their experience how to better handle problems.

2) I will take big assignments and learn to make lists or timelines

3) I will work in teams so that I will learn that when people work well together they can do much more than if they each work alone.

Point 2: Avoid Stress When Possible. I know that everyone has stress, but there are things that I could stay away from that really stress me out. I will

1. Avoid certain people, like _____
2. Avoid certain places, like _____
3. Avoid certain things, like _____
4. Avoid certain memories that create pain for me, like
   _____

Point 3: Let Some Things Go. I realize that I waste some of my energy worrying about things I can't fix. Here are some things that I will try to let go so I can focus on the problems I can change.

- _____
- _____
- _____

I know I waste some of my energy when I take things personally that really have nothing to do with me. I am going to learn this lesson by remembering a time I did this and by choosing not to repeat that mistake.

_____
_____
_____
_____

Part 2: Taking Care of My Body

Point 4: The Power of Exercise I will do something that makes my body work hard for at least 20 minutes every other day—more is better. I know that strong bodies help people better deal with stress, and this will keep me in shape. The kinds of things I like to do include

- _____
- _____
- _____

I can commit to _____ minutes of exercise a day. If I have trouble focusing, I will try exercising for _____ minutes (recommended minimum: 20) to see if it helps me concentrate better. I know that a really hard physical workout will help me calm down when I am feeling most worried, stressed, or fearful. This is especially true when I can't concentrate on my work because it feels like too much.

The kinds of things I might do include:

_____
_____
_____

Point 5: Active Relaxation. I will try to teach my body to relax by using:

- Exercise that controls the body and releases tension like tai chi or boxing.
- Deep breathing.
- Yoga.
- Meditation.
- Warm, long baths or showers.
- Imagine I am someplace peaceful and relaxing.
- The place I could imagine myself being is
  _____

Point 6: Eat Well. I know that having a healthy body helps people deal with stress better. I have already agreed to exercise more. I understand that good nutrition also makes a difference in my health and how well I deal with stress.

The changes I am ready to make include:

- Eating a good breakfast
- Skipping fewer meals
- Drinking fewer sodas and sugary drinks
- Drinking more water

- Eating smaller portions
- Eating less greasy meals or snacks
- Eating more fruits, vegetables, and whole-grain foods
- Going to www.ChooseMyPlate.gov to learn more

Point 7: Sleep Well. I know that people who get a good night's sleep do a better job of dealing with stress and do better in school. For me to get the sleep I need, I will try to go to bed at _____:_____. I will consider the following plan to help me get the best night's rest:

1. Avoid caffeine at least 6 hours before bed.
2. Exercise 4 to 6 hours before bed.
3. Finish homework after exercise because I will be my calmest, clearest, and most focused.
4. Take some time to relax or hang out after homework
5. Shower or bathe 1 hour before bed.
6. Begin to dim the lights 30 minutes before bed.
7. Let go of my emotional tension before bed in a place other than bed (see point 9). If I am really troubled, I will do this earlier in the evening.
8. I will use my bed only for sleeping. I will use another place to do some of the things I do in bed now. I will —Stop reading in bed. —Stop doing homework in bed. —Stop watching television in bed. —Stop talking to my friends or instant messaging in bed. —Stop worrying in bed.
9. Dock my cell phone in a charger that is not in my bedroom.
10. Deal with the things that stress me out by having time to let go of my thoughts and feelings in a place other than my bed.

Part 3: Dealing With Emotions

Point 8: Take Instant Vacations. Everyone needs to be able to escape problems for a while by taking an instant vacation. I will:

- ➢ Read a book.
- ➢ Take a mini-vacation to a local park or recreation center.
- ➢ Imagine I am someplace peaceful and relaxing. The place I could imagine myself being is _____
- ➢ Watch television.
- ➢ Listen to music.
- ➢ Play video games that are not violent or stressful.
- ➢ Take a warm bath.
- ➢ _____

Point 9: Release Emotional Tension. I will try to let my worries go, rather than letting them build up inside.

- I will talk to a friend I have chosen wisely because I know he or she will give good advice.
- I will talk to my —Mother —Father —Teacher
  _____
- I will ask my parents or a teacher to help me find a counselor to help me work out my problems.
- I will pray to gain strength.
- I will meditate.
- I will write out my thoughts in a diary, journal, or blog.
- I will let myself laugh more.
- I will let myself cry more.
- I will make lists to get organized.
- When it seems that I have too many problems and they seem like more than I can handle, I will work on one at a time.
- I will express myself through —Art —Music —Creative writing —Poetry —Rap
- _____
- _____

Part 4: Making the World Better

Point 10: Contribute to the World. I know that people who realize they are needed feel better about themselves because they can make a difference in other people's lives. I plan to

- Help a member of my family by _____
- Volunteer in my community by _____
- Help the environment (or animals) by
  _____