

My Personal Plan Worksheet

Name: _____

Date: _____

Instructions: Use this worksheet to create your own personal plan for coping with stress. Everyone deals with stress differently, so everyone's personal plan will look different. If you are struggling with your plan, talk with a trusted adult. They can help you complete your plan.

List the top two stressors in your life right now.

1. _____
2. _____

List at least two positive ways to you can deal with each stressor. Examples could include seeking advice, breaking the task into smaller pieces, making lists, avoiding certain people, places or things and letting go of some things.

Positive ways to deal with stressor 1:

Positive ways to deal with stressor 2:

Write down at least one thing to work on for each of the following ways to cope with stressors. These things will help you take care of your body and will allow you to deal with stress in a healthier way.

Exercise regularly:

Eat healthy foods:

Sleep well:

Relax:

Write down two trusted adults that you feel comfortable talking to when things get stressful or when you're feeling anxious or depressed.

1. _____

2. _____