

## PERSONAL STRESS MANAGEMENT PLAN

PREVENTING STRESS FROM BECOMING DISTRESS

### ***AWARENESS***

What makes you feel stressed?

How do you know you are  
feeling stressed?

### ***MINDSET***

What should you think when you  
feel stressed?

### ***ACTIONS***

What actions will you take when  
you are feeling stressed?

What actions will you take to  
prevent positive stress from  
becoming distress?

### ***OUTCOME AND REFLECTION***

What do you want to happen?  
How and when will you reflect on how well your stress management plan worked?