

Stress Management Plan

Staff Name	
Date Developed	
Dates Reviewed	

Part 1: Getting Ready for the Day *(complete the prompts in the spaces below)*

<p>I know I am ready to start my day when I am...</p> <p>[NOTE: List circumstances that help you get set up for a positive day]</p>	
<p>Select a “self-check” tool or strategy to know/understand how you are coming into the day</p> <p><i>NOTE: You can choose whichever tool works best for you - a few suggestions are provided</i></p>	<p>1-10 rating scale <i>(rate on overall emotion and control level - 1 being in a poor mood/being least in control of your emotions, 10 being in the best mood/being most in control)</i></p> <p>Mood Rating apps (or another you find)</p> <p>Zones of Regulation (or other similar “mood meter” visual)</p> <p>Other?</p>
<p>I know that it is going to be a harder/more difficult day when...</p> <p>[NOTE: List common work barriers/challenges here]</p>	

Part 2: Identifying Your Resources

Other colleagues know that I am not having my best day when...	
Some things that colleagues can do to help when I am not having my best day include...	
My person/people I will share these ideas with include (list at least one person)...	

Part 3: Identifying Strategies for Use During the Work Day

List 3-4 strategies (*i.e., deep breathing, taking a walk, asking a colleague to cover for you while you take a brief break, talking to a colleague*) that you can use during the day if feeling stressed or very overwhelmed:

- 1.
- 2.
- 3.
- 4.

Part 4: Identifying Strategies for Use After the Work Day

List 3-4 strategies that you can use AFTER the work day to decompress:

- 1.
- 2.
- 3.
- 4.