

## **STRESS MANAGEMENT – My Strengths, Challenges and Next Steps**

**How I know when my stress is rising** (physical signs, mental signs, interactions with others):

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**What I already do to cope with stress:**

Passive coping (ways you take a break/distract/avoid: Netflix, wine/sugar, comfort food, games)

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Positive coping (+ self-care (good sleep, healthy eating, exercise, breaks), good planning):

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Active coping (facing challenges, problem solving, thought changing, meditation/stress mgmt):

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**What is working well overall:**

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**What new things could I add to cope better?** (Daily relaxation/meditation, watching thoughts, exercise, tracking passive coping time, journaling, gratitude practices, hobbies, pet time)

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**What would be a good first step?** (Make a plan, get more info, get a buddy, talk to therapist):

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**What help/support I need to do this:** (Tell family, my team, my MD, a buddy, a therapist, etc.)

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*To fine tune your stress mgmt, try the course: <https://soulsavvy.net/4-steps-to-destress-series/>*