

My Plan for Reducing Stress

Write down two ways of coping with stress that you'll try this week.

Two stress-reducing techniques to try this week

1. _____

2. _____

How well did #1 work? (Circle one.)

Very well Moderately well Not at all

How well did #2 work? (Circle one.)

Very well Moderately well Not at all

If these two strategies didn't work, try another. If the strategies you tried worked moderately well, give yourself more time to practice them. Even relaxing doesn't come easy; some people have to practice a while before they get the hang of it.

If you answered "very well," congratulations. Now write down some situations in which you plan to use them.
