

Stress Management Resilience Action Plan

1

Identify Stressors



Is there a situation, person/people, or environments that trigger stress or anxiety? Reflect on past experiences to understand how you've responded to challenges.

2

Evaluate Coping Skills



What are you currently doing/using to cope with stress? Is it working? Is it healthy? Could you implement a better alternative? Reflect on what HAS worked in the past and use a strengths-based approach.

3

Develop Healthy Habits



Exercise, nutrition, and sleep improve mood and energy. Add mindfulness, meditation, or deep breathing to stay calm and grounded. Set boundaries to avoid burnout.

Stress Management Resilience Action Plan

4

Challenge Thoughts



Is there another way to view this situation? Practice gratitude, and be aware of negative thoughts or beliefs. Try to reframe or correct unhelpful thinking.

5

Build Support Network



Identify supportive people at work, home, and in your community. Seek out groups or professionals that align with your needs and values.

6

Develop Problem-Solving Skills



Use a solution-oriented approach to regain control. Recognize the complexity of challenges, and understand that flexibility and adaptability are key to building resilience.