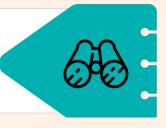
# Stress Management Resilience Action Plan

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.





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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.



