



My Personal Plan

Name: _____ Date: _____

Instructions: Use this worksheet to create your own personal plan for coping with stress. Everyone deals with stress differently, so everyone's personal plan will look different. If you are struggling with your plan, talk with a trusted adult. They can help you complete your plan.

List the top two stressors in your life right now.

1. _____

2. _____

List at least two positive ways you can deal with each stressor. (Examples could include: seek advice, break task into smaller pieces, make lists, avoid certain people, places or things, let go of some things.)

1. Stressor 1: _____

2. Stressor 2: _____



My Personal Plan, Continued

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Write down at least one way to work towards the following goals. All of these ways to take care of your body will allow you to deal with stress in a healthier way.

Exercise regularly: _____

Eat healthy: _____

Sleep well: _____

Relax: _____



My Personal Plan, Continued

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Circle the ways that you will deal with emotions when you are stressed or anxious. Circle all that apply. You can also add your own ideas.

Be creative - Find a healthy way to express yourself through art, music, poetry, singing, dance or rap.

Talk to someone - Find an adult that you feel comfortable talking to. It could be a parent, guardian, relative, family friend, etc. Sometimes even talking with a close friend can help put things in perspective.

Journaling - Take a few minutes each day to write down your thoughts and feelings.

Prayer or meditation - You can pray or meditate anywhere, and many people find it helpful when dealing with stress.

Laughing or crying - Allow yourself to feel your emotions fully. If you are sad, cry. If you are happy, laugh.

Write down at least two adults that you feel comfortable talking to when things get stressful, or when you're feeling anxious or depressed.
