

# How do you deal with stress?

We can't always control the sources of stress in life, but we can control how we react to stress. Look at the lists below and make a check in the boxes next to the things that you do when you are stressed.

Healthy ways to cope	Less healthy ways to cope
<ul style="list-style-type: none"><li><input type="checkbox"/> Plan and eat nutritious meals</li><li><input type="checkbox"/> Exercise regularly</li><li><input type="checkbox"/> Maintain work/life balance</li><li><input type="checkbox"/> Plan fun activities or short trips</li><li><input type="checkbox"/> Ask for help when needed</li><li><input type="checkbox"/> Sleep enough to feel rested</li><li><input type="checkbox"/> Focus on the positive</li><li><input type="checkbox"/> Stay hydrated</li><li><input type="checkbox"/> Do a relaxing activity to recharge</li><li><input type="checkbox"/> Stay on top of your to-do list</li><li><input type="checkbox"/> Stick to a budget</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Skip meals/eat less nutritious food</li><li><input type="checkbox"/> Avoid exercise</li><li><input type="checkbox"/> Work long hours or bring work home</li><li><input type="checkbox"/> Not taking personal time</li><li><input type="checkbox"/> Hold feelings in and not ask for help</li><li><input type="checkbox"/> Sleep more or less than needed</li><li><input type="checkbox"/> Focus on the negative</li><li><input type="checkbox"/> Use caffeine or nicotine when tired</li><li><input type="checkbox"/> Using alcohol to relax</li><li><input type="checkbox"/> Not taking care of important tasks</li><li><input type="checkbox"/> Ignoring your budget/money situation</li></ul>

**Action plan to cope with stress:** Look at the check marks that you made. What is something you want to try to help you cope with stress in a healthy way?

**Write it here:** \_\_\_\_\_

**What will you do to accomplish your goal? (list some actions)**

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**When will you start?** \_\_\_\_\_

**What are some things that might get in the way?**

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**What can you do if things get in the way?**

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After you've tried your new behavior for awhile, take some time to think about how it went. What worked? What didn't? Write a new goal and keep going!