STRESS MANAGEMENT PLAN

LIST IN ORDER OF MOST TO LEAST STRESSFUL

WORK: Most of my stress is related to my work. Specify the nature of the stress such as too much work, lack of advancement opportunities, too much pressure, interpersonal conflict, etc.

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SOCIAL/RELATIONSHIPS: Most of my stress is related to my relationships or social life. Specify with whom you have problems, what type of problems, or if there is a lack in your relationship and social life.

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YOURSELF: Most of my stress is related to my feelings about MYSELF. Specify – poor self-image, lack of confidence, insecure, etc.

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Faulty Stress Valves: List the destructive ways you deal with stress.

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