

# 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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