



Stress Survival Guide

SELF-CARE ACTION PLAN

Prepare a Self-Care Action Plan, taking into consideration the insights you gained from your Self-Care Check-In. Try to use SMART goals – Specific, Measurable, Achievable, Realistic, and Timely – when planning your strategies.

To help guide you, contemplate some of the following questions:

- What can I do to help me relax?
- What are my favorite things to do that make me happy?
- What are some negative behaviors that I've identified that I can take action to decrease or stop?
- Who can I connect with if I'm feeling depressed or anxious?
- Who can I call if I'm lonely?
- Who actually listens to me when I need to vent?
- Who makes me get out of the house to do something fun?
- Who should I avoid when I'm having a difficult time? (Not everyone can be supportive with every situation. For example, if you've been drinking too much and are concerned about it, you shouldn't hang out with someone who wants you to party with them).

MY SELF-CARE ACTION PLAN			
	Current Stressors	Current Self-Care Strategies	Additional Self-Care Strategies to Implement
Physical			
Mental			
Emotional			
Spiritual			
Intimate Relationships			
Family Relationships			
Social Relationships			
Educational			
Workplace			