

Stress Reduction Plan to Build Resilience



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1. I will identify a problem or stressor and make it manageable. I will work on one problem or aspect of a problem at a time.

2. I will avoid things that bring me down. I will stay away from what causes me stress:

- People _____
- Places _____
- Things _____

3. I will let some things go. I realize that I waste energy worrying about things I can't fix. I will try to focus on problems I can change and let go of those I cannot change.

4. I will take care of my body through exercise. The things I would like to do include:

5. I will try to relax. I can fool my body to "relax" and de-stress by trying these things:

- deep breathing
- imagine a peaceful place
- meditation
- warm long baths

6. I will eat well. I know that having a healthy body helps people deal with stress better. I will maintain my health by doing these things:

- eat a good breakfast
- skip fewer meals
- drink fewer sweetened drinks
- drink less alcohol
- drink more water
- eat smaller portions
- eat less greasy meals or snacks
- eat more fresh fruit and vegetables



7. I will get the sleep I need. I will try to go to bed at _____. I will stop doing these activities in bed:

- watching TV or playing computer games
- talking on the phone or electronic devise to friends
- reading
- worrying - instead I will place a note pad and jot down only one or two concerns.

I will use another time of day to deal with things that bring me stress and use that time for letting go of negative thoughts and feelings. I will not use bed time for those exercises.

8. I will manage my emotions by taking a break. For me that would mean:

- reading a book
- watching TV
- listening to music
- working on a hobby

9. I will release my emotions. I will try to let my worries go rather than letting them build up.

- I will meditate and/or journal
- I will laugh more, or let myself cry
- If I am overwhelmed with problems or a recurring problem, I will work on them one at a time or a segment at a time.
- I will talk to a good friend who will listen or give good advice.

- I will express myself creatively (art, music, creative writing or dramatic arts).

10. I will contribute to making a better world. You already do this by caregiving! You may also want to make a difference and plan to (if time and energy permits):

- Help a family member by:

- Volunteer in the community by:

- Help the environment, nature or animals by:
