

Stress Reduction Plan to Build Resilience

1. I will identify a problem or stressor and make it manageable. I will work on one problem at a time. Starting with:

2. I will avoid things that bring me down and cause me stress, including these specific people, places or things.

3. I will let some things go because I realize my energy is wasted 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, including:

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
- Long, warm baths



Adapted from: Kenneth R. Ginsburg, MD, MS, ME, FAAP

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. At night, I will get the sleep I need. 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 try to go to bed at _____. I will stop doing the following activities in bed:

- Watching TV or playing computer games
- Talking on the phone or an electronic device to friends
- Worrying - instead I will keep a notepad close by and jot down one or two concerns

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, I will work on them one at a time
- I will talk to a good friend who will listen or give good advice

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

