

## STRESS MANAGEMENT IMPROVEMENT PLAN©

Areas of self care	Ideal	Ways you can improve	Specific plan/timeline for improvement
Relaxation & Time for yourself	Daily		
Exercise	3-4 times per week, 30+ min., aerobic		
Healthy Eating/	3 meals per day; protein, fresh fruit/vegies, 8 glasses water or more		
Sleep	What is your ideal # of hrs. per night?		
Having fun	Sense of humor		
Prioritizing	Doing what's important first		
Setting realistic goals	Do-able and fit within time frame		
Not "sweating the small stuff"	Know difference between what is small and what is big		
Expressing your emotions	Find a listener. Express constructively		
Seeking support from others	Have people you can turn to when needed		