

# My Personal Stress Reduction Plan

There is a wide range of things you might try to reduce your experience of unwanted stress. Here are few. Tick the ones you might wish to (or will) experiment with over the coming weeks:

## 1 Reduce my exposure to stress inducing situations, events and people

- Reduce time spent in certain activities
- Reduce time in certain places
- Reduce time with certain people

Other ways I might reduce my exposure to stressful things ?

## 2 Reframe: Change the way I think about certain events and situations

- Use Perspective Taking Worksheet
- Talk with good friend
- Read a CBT self help book
- Write about what's been happening

Other ideas for changing my thinking?

## 3 Improve my emotion focussed coping skills / activities

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Breathing exercises | <input type="checkbox"/> Using lists        | <input type="checkbox"/> Time with people who make me feel good |
| <input type="checkbox"/> Relaxation          | <input type="checkbox"/> Exercise           | <input type="checkbox"/> Time in nature / animals               |
| <input type="checkbox"/> Mindfulness         | <input type="checkbox"/> Time in hobby      | <input type="checkbox"/> Self Compassion                        |
| <input type="checkbox"/> Play more games     | <input type="checkbox"/> Notice good things | <input type="checkbox"/> Coaching / therapy                     |
| <input type="checkbox"/> Being creative      | <input type="checkbox"/> Gratitude          | <input type="checkbox"/> Religion / spirituality                |
| <input type="checkbox"/> Acceptance          | <input type="checkbox"/> Giving             |   |
| <input type="checkbox"/> Savour pleasure     | <input type="checkbox"/> Forgiveness        |   |

Other ideas for managing my emotions?

## 4 Improve my problem focussed coping skills

- |  |   |
|--|---|
| <input type="checkbox"/> Use problem solving worksheet | <input type="checkbox"/> Sort finances      |
| <input type="checkbox"/> Generate list of problems     | <input type="checkbox"/> Use lists          |
| <input type="checkbox"/> Talk with good friend         | <input type="checkbox"/> Be more assertive  |
| <input type="checkbox"/> Talk with professional        | <input type="checkbox"/> Learn from someone |

Other ideas for sorting my problems

## 5 Strengthen your non-specific 'buffers' against stress

- |   |   |
|---|---|
| <input type="checkbox"/> Improve my Fitness         | <input type="checkbox"/> Religion and/or Philosophy |
| <input type="checkbox"/> Improve social connections | <input type="checkbox"/> More meaning and purpose   |
| <input type="checkbox"/> Improve my diet            | <input type="checkbox"/> Self compassion            |
| <input type="checkbox"/> Get better sleep           | <input type="checkbox"/> Increase positive emotions |

Other ideas for increasing buffers against stress

What else could I do, or who else might help me, experience less stress over time?