

My Self-Care Plan

What does my stress look like?

My primary sources of stress are:

My level of control is:

1.	<input type="checkbox"/> Control	<input type="checkbox"/> Influence	<input type="checkbox"/> No control
2.	<input type="checkbox"/> Control	<input type="checkbox"/> Influence	<input type="checkbox"/> No control
3.	<input type="checkbox"/> Control	<input type="checkbox"/> Influence	<input type="checkbox"/> No control

How do I react to my stress?

My two most common responses are (add details):

Physical	Emotional	Attitudinal
Social	Thinking	Productivity

What can I do for me?

If I have 5 minutes or less	If I have 15 minutes	If I have 30 minutes
<ul style="list-style-type: none"><input type="checkbox"/> Abdominal breathing<input type="checkbox"/> Picture a calming place<input type="checkbox"/> Chat with a co-worker<input type="checkbox"/> Look out the window<input type="checkbox"/> Stretch<input type="checkbox"/> Flip through photos<input type="checkbox"/> Write down something I feel grateful for	<ul style="list-style-type: none"><input type="checkbox"/> Call a friend or family member<input type="checkbox"/> Write in a journal<input type="checkbox"/> Flip through a magazine<input type="checkbox"/> Check out social media<input type="checkbox"/> Take a coffee break<input type="checkbox"/> Flip through photos<input type="checkbox"/> Straighten up my workspace<input type="checkbox"/> Find an inspiring quote<input type="checkbox"/> Plan a fun ice breaker	<ul style="list-style-type: none"><input type="checkbox"/> Go for a walk<input type="checkbox"/> Read a book<input type="checkbox"/> Take a nap<input type="checkbox"/> Listen to music<input type="checkbox"/> Take a lunch break<input type="checkbox"/> Flip through photos<input type="checkbox"/> Schedule a group massage<input type="checkbox"/> Go online to find out about something new to learn

Three other things I can do at work to alleviate stress:

1.
2.
3.