

Stress Management Plan

Triggers

Verbal (Words)

1

2

3

Nonverbal (Tone of Voice)

1

2

3

Body Language

1

2

3

Events

1

2

3

Signs of Problem

Thoughts

1

2

3

Feelings

1

2

3

Behavior

1

2

3

People	
Destructive People (“red streetlight people”, people to avoid)	
1	
2	
3	
Constructive People (“green streetlight people”, people to seek out)	
1	
2	
3	
Professionals	
1	
2	
3	
Para Professionals	
1	
2	
3	
Places	
Destructive Places (Places to avoid)	
1	
2	
3	
Constructive Places (Places to go to)	
1	
2	
3	

Coping Skills

Destructive Coping Skills / "Lemons" (Skills to be avoided)

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Constructive Coping Skills / "Apples" (Skills to use again)

- 1 *Use my Stress Management Plan*
- 2 *Use my Stress Management Kit*
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10