

Coping with Stress

Action Planning Worksheet



What are your top insights from your report and the session about your stressors and signs of stress?

What are your top insights from your report and the session about productive and effective ways you can manage stress?

Which of your less helpful stress responses do you need to watch out for? How will you minimize your use of these?

What are your key takeaways relating to others' stress reactions and coping strategies?

How can these insights help you to support others as they manage stress?

What support might you need from others as you apply your insights and learning?