

While you watch Part 6: Take time to set self-care/stress management goals

STRESS MANAGEMENT AND WELLNESS PLAN

Sleep/Rest	
Nutrition	
Physical Activity	
Interpersonal Relationships	
School/work	
Stress Management & Relaxation	
Thoughts	
Emotions	
Behaviors	
Social/Spiritual Enhancement	
Creative Personal Expression	

You are more likely to achieve your goals if you share them with a friend or coworker. Volunteer to support each other in your efforts to make wellness a priority in your life.

CAPS video workshop can be found at:

<http://www.youtube.com/user/aggiementalhealth>

This brochure has been developed to help you practice the skills discussed on the **Stress Management & Wellness videos**. It is meant to be a two-sided printout that you fold in half; to keep with you to help you practice the skills over the next several weeks.

After watching Part 1: Sources, Symptoms, and Rating Stress

List 6 or more things that you can do to bring your stress level down a notch or two.

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

Over the next week, practice **objectively** noticing your sources and symptoms of stress, stress level, and healthy ways to bring it down.

After watching and doing Part 2: Breathing Exercises

Over the next week, use the skills chart to help you practice: try to practice several different things each day.

Instructions: Circle the days you worked on each skill.

Noticing sources and symptoms	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Rating stress level (1 to 10)	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Practiced things from your list	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Deep/natural breathing	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Wave breathing	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Count breathing	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Nose breathing	Mon	Tue	Wed	Thurs	Fri	Sat	Sun

After watching and doing Part 3: Progressive Muscle Relaxation (PMR) and **Part 4** Visualization

Over the week, use the skills chart to help you practice.

Rating stress level (1 to 10)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Practiced things from your list	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Deep/natural breathing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Wave, count, or nose breathing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Progressive Muscle Relaxation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Color breathing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Safe place Visualization	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Other positive/helpful Imagery	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

After watching Part 5: Cognitive Behavioral Tools

Review the information on Thoughts-Feelings-Behaviors handout and use the information to help you set a goal for each area.

Given what was said in the video:

What is one thing that you want to work on changing about your self-talk, perspective, or the way you think?

Goal =

What is one thing that you want to work on changing about how you understand or use your emotions?

Goal =

What is one thing that you want to work on when it comes to your behavior?

Goal =

Over the week, use the skills chart to help you practice.

Rating stress level (1 to 10)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Practiced things from your list	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breathing exercises	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Progressive muscle relaxation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Visualization/Imagery	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Thought Goal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Feeling Goal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Behavior Goal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Thoughts-Feelings-Behaviors

Thoughts

Be able to objectively observe your thoughts

Remember thoughts aren't facts

Know how thoughts trigger feelings (*store example*)

Be able to shift perspective (*the blind men and the elephant*)

Be aware of and shift negative/critical/emotionally abusive self-talk

Notice where your mind goes and bring it back to the present moment

To be more effective in the moment, accept reality and decrease should and what-ifs (*acceptance is not approval*)

Feelings

Increase emotion regulation skills = your ability to use emotions as a resource, instead of being controlled by them

Be able to notice emotions without pushing them away or making them larger than useful.

Remember emotions are information not facts (i.e. fear, guilt, anger)

Remember emotions are something you have, they are not who you are

Notice and practice the emotions that you want to feel more often (i.e. gratitude, confidence)

Be able to sit with and accept some anxiety and other uncomfortable feelings

Behaviors

Be able to choose your behaviors – Don't always let or wait for your emotions to make the choice

- To make effective choices – create space between impulse and action

- Behaviors can trigger emotions (exercise, studying, etc.)

Be able to take accountability = objectively observe your behavior and consequence and take responsibility for your part

- Decrease roadblocks to accountability (shame, minimize, denial, blame)

Choose behaviors consistent with the person you want to be – Move toward your ideal self (*mountain example*)