



# Stress Relief Planner

1. Identify your stressors. Write down the things that are causing you stress. This will help you to see the patterns in your stress and to find ways to deal with them.

2. Prioritize your stressors. Rank your stressors in order of importance. This will help you to focus on the most important ones first.

3. Develop a plan of action. For each stressor, write down a specific action you can take to deal with it. This should be a realistic and achievable goal.

4. Monitor your progress. Keep a record of how you are doing with your plan of action. This will help you to see what is working and what needs to be adjusted.

5. Celebrate your successes. When you have successfully dealt with a stressor, take time to celebrate. This will help you to feel good and motivated.

6. Practice relaxation techniques. There are many different relaxation techniques, such as deep breathing, meditation, and yoga. Find one that works for you and practice it regularly.

7. Get support. Talk to friends, family, or a professional about your stress. This can help you to gain perspective and to find new ways to deal with your stress.

8. Take care of yourself. Make sure you are getting enough sleep, eating a healthy diet, and exercising regularly. This will help you to build resilience and to deal with stress more effectively.

9. Stay positive. Focus on the things you are grateful for and on the things you have achieved. This will help you to maintain a positive outlook and to deal with stress more easily.

10. Be patient. Dealing with stress is a process and it may take some time to see results. Be patient and keep trying. You will eventually find a way to deal with your stress.

11. Use your planner. Refer back to your planner regularly to check your progress and to adjust your plan of action as needed.

12. Stay motivated. Remind yourself of the reasons why you are using your planner and of the benefits you will gain from it.

13. Stay consistent. Use your planner every day, even if it's just for a few minutes. Consistency is key to success.

14. Stay flexible. Be open to change and to adjusting your plan of action as needed. Flexibility is an important part of stress management.

15. Stay focused. Avoid distractions and stay focused on your stressors and your plan of action. This will help you to make the most of your planner.

16. Stay organized. Keep your planner neat and organized. This will help you to find what you need quickly and easily.

17. Stay motivated. Remind yourself of the reasons why you are using your planner and of the benefits you will gain from it.

18. Stay consistent. Use your planner every day, even if it's just for a few minutes. Consistency is key to success.

19. Stay flexible. Be open to change and to adjusting your plan of action as needed. Flexibility is an important part of stress management.

20. Stay focused. Avoid distractions and stay focused on your stressors and your plan of action. This will help you to make the most of your planner.

# Planner Stress Relief

**PT Brinkman**



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