

Making a plan to tackle your stress

Complete this worksheet to help with your overall stress management plan.

Tackling stress planning sheet

Date of plan: ___ / ___ / _____

Results of assessment

The physiological manifestations of stress score _____

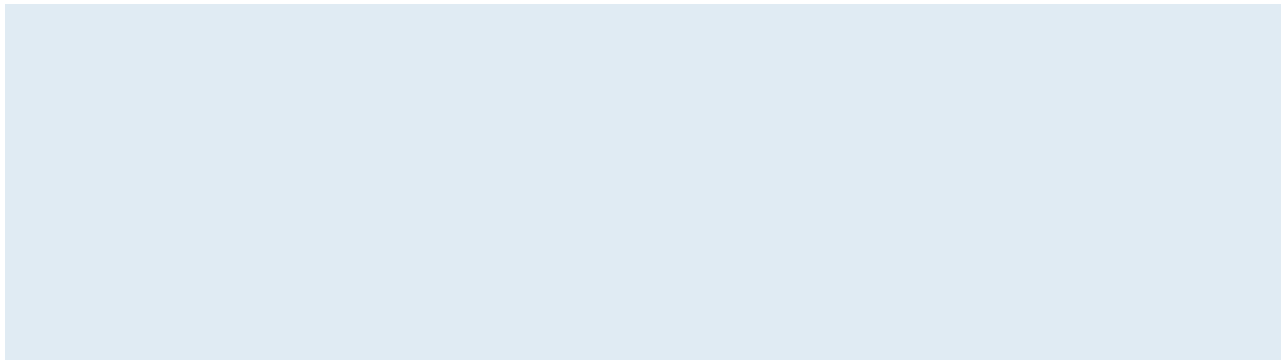
How workplace stress affects the way you think score _____

How workplace stress affects the way you act _____

How workplace stress affects your health _____

My overall stress management SMART goal

Planning the behaviour change – how will you make the change, What resources will you need (including the help of other people).



Planned Date of re-assessment (use forms and sheets from the Determine section)

___ / ___ / _____

The physiological manifestations of stress score _____

How workplace stress affects the way you think score _____

How workplace stress affects the way you act _____

How workplace stress affects your health _____