

STRESS MANAGEMENT SELF-HELP CHECKLIST

POSITIVE CHOICES I MADE TODAY:	MON	TUES	WEDS	THURS	FRI	SAT	SUN	NOTES
<i>Updated my stress journal</i>								
<i>Exercised for 30 minutes or more</i>								
<i>Talked face to face with a good listener</i>								
<i>Avoided unnecessary stress, such as a stress-inducing person or situation</i>								
<i>Altered a stressful situation by expressing my feelings and/or managing my time better</i>								
<i>Adjusted my attitude to a stressor by reframing the problem, focusing on the positive, or looking at the big picture</i>								
<i>Accepted the stressors I can't change</i>								
<i>Did at least one activity from my "stress relief toolbox"</i>								
<i>Avoided self-medicating with alcohol, food, or drugs</i>								

Reference: *Stress Management* How to Reduce, Prevent, and Cope with Stress

<http://helpguide.org/articles/stress/stress-management.htm>