

**American Brain Tumor Association (ABTA)**

**Stress Management Plan Worksheet**

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Active stress management is a daily skill that requires practice and effort. Depending on what stage of your journey you are coping with, your emotional and physical energy levels will vary. It can be helpful to plan ahead to have stress management techniques available requiring varying levels of exertion and planning (L) low, (M) moderate and (H) high. For each person, the degree of exertion required to implement each strategy will differ. Develop your stress management plan with the help of a counselor, loved one, or physician.

Not sure where to start? Planning for stress-free moments in your day can be a great beginning. Finding quiet moments or pockets of mental or physical rest in your daily schedules can ease stress and also provide you with something to look forward to in the course your day.

<b>Stress Intervention</b>	<b>Exertion-L/M/H</b>	<b>Plan/Time/Day</b>
<b>Example: Drawing</b>	<b>Low Energy</b>	<b>Tues +Wed 1 hour</b>
Art/drawing		
Aromatherapy		
Activity scheduling		
Breathing techniques		
Conflict resolution		
Calling friends		
Expressing feelings		
Exercise		
Enjoying nature		
Guided imagery		
Hobbies		
Humor		
Laughter		
Music		
Meditation		
Massage		
Movies		
On-line support		
Psychotherapy		
Pet therapy		
Prayer/spirituality		
Progressive muscle relaxation		
Positive thinking		

Planning a vacation		
Pleasurable meal		
Power nap		
Stress balls		
Sunlight		
Social visits/groups		
Stress free moments		
Stretching		
Swimming		
Sex/intimacy		
Time management		
Time-out		
Visualization		
Vacations		
Yoga		
Other:		