

Stress Prevention Plan

The best defense is a good offense! Take some time to identify, anticipate, and plan for stress you know you'll face. Keep your Stress Prevention Plan handy for quick reference when stress attempts a sneak attack.

Key Stressor	Alternative Choice	Consequences of Alternative Choice	Dealing with Consequences
<p><i>Make a brainstorm list of all the things that stress you out.</i></p>	<p><i>How can you respond differently than you have in the past? Could the stressor be avoided? Do you need to craft a statement?</i></p>	<p><i>What pushback can you expect when you do things differently? There is a price to pay for making change, just as there is a price to pay by remaining stressed. Be prepared to push past the pushback!</i></p>	<p><i>How will you handle the pushback? The "Broken Record" technique (repeating your statement over and over) and affirmations are good strategies, for example.</i></p>