

## My stress action plan



Now it's time to start making a plan to improve your stress.

Start with a goal, it can be anything that you would like to achieve that is important to you. When you decide on what you will do to work towards your goal, try to make it:

- **Specific** - not vague.
- **Measurable** - so you know you are doing it.
- **Achievable** - if it's too hard you won't manage it.
- **Realistic** - if it's not possible you might not even get started!
- **Trackable** - something you can record over time and see how you're doing.

Here's an example:

**Goal:** Hemi wants to feel less stressed and anxious about work.

**Actions:** He needs to work on his mood first thing in the morning and after work by doing relaxing things like breathing and exercise.

**Chosen action:** Hemi decides to do a 10 minute relaxed breathing exercise with an app before he gets up each day and after he gets home from work.

**Confidence:** He is fairly sure he can do this so rates his confidence as 7 out of 10.

*If a big change feels too much, break  
it down into a set of steps. Small  
steps are a great way to start.*



## My action plan: What is my goal and action plan?



### My stress action plan goal:

**Why** do I want to do this? \_\_\_\_\_

**How** will this help? \_\_\_\_\_

**What** could I do to achieve this: \_\_\_\_\_

### My stress action plan:

**How much** or how often will I do this? \_\_\_\_\_

**When** will I do this? \_\_\_\_\_

**Who** can help me: \_\_\_\_\_

**How confident am I that I can do this:** ☹️ 1 2 3 4 5 6 7 8 9 10 😊

Things I am not ready to do yet: \_\_\_\_\_

What might stop me achieving these goals or making these changes? \_\_\_\_\_

You are more likely to be successful if your confidence level is 7 or more. If you are less confident, you might like to make your action plan easier.



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