

My Stress Management Action Plan

Scenario (And the likely chain of events) (argument, exam, injury, break up, social media, body image)	Manage thoughts What thought process should I expect and how should I handle it?	Coping Tools to implement? (Grounding, Distraction, Gratitude, Journal, Counselling?)	Self Care Actions (Exercise, Socialising, Art, TV, Nap, Find Support)
I just got dumped I will be in shock, then sad, then mad, then lonely. Start to beat myself up. Maybe try and throw myself at him to get back with him	<ul style="list-style-type: none"> - Talk about how I am not enough, how awful they are. - Challenge with distortion questions - Reframe to something more positive that I can action - Acknowledge I will be sad, it is normal 	<ul style="list-style-type: none"> - If I start to feel anxious - try some box breathing. - Call my best friend - What's important to me - What am I grateful for right now - Journal how I feel 	<ul style="list-style-type: none"> - Put my phone away where I can't get to it - avoid messaging boyfriend hateful or unhelpful messages - Do not listen to sad songs - Meet up with girlfriends to watch a movie as a distraction.

