



Personal Stress Management Plan

Most healthy transitions involve some stress. To help manage it, here are some steps to support you. Personalize them so you have a stress management plan ready when you need it!

STEP 1: ANTICIPATE AND GET READY FOR STRESS

What kinds of things could I do now to help get ready for transition stress?

Example:

- ▶ I could start a healthy sleep routine.
- ▶ I could build a strong circle of support.

What helps me be at my best, so I am better able to manage challenges?

Example:

- ▶ Staying connected to my circle of support.
- ▶ Prioritizing stress management strategies and using them regularly.



STEP 2: MANAGE STRESS EARLY WHEN IT APPEARS

How can I tell I'm starting to get stressed so I can begin using strategies early?

Example:

- ▶ I feel irritated by things that typically wouldn't bother me.
- ▶ My sleeping and eating habits are off.

How have I managed stress in the past? Sort the healthy strategies that work for me.

Strategies I will likely be able to continue using next year:

Example:

- ▶ listening to music

Strategies that might be hard to use next year due to cost, location, etc.:

Example:

- ▶ going to my favorite local park

New strategies I could try:

Example:

- ▶ a walk and talk with a friend—I'll get exercise and we'll stay in touch



STEP 3: SEEK SUPPORT WHEN I NEED IT

How would I know what I was feeling was more than the usual stress that comes with transition? How would I know it was time to reach out for support?

Example:

- ▶ I have felt stressed for a few weeks without any times I feel better.
- ▶ It's affecting my day-to-day life and ability to do the things I need and want to do.

Where could I go to find resources and supports next year?

Example:

- ▶ I could check out [Resources Around Me](http://kidshelpphone.ca) (kidshelpphone.ca)
- ▶ I could use [My Circle of Support Pocketbook](http://smho-smsso.ca) (smho-smsso.ca)

How could I help normalize reaching out for support?

Example:

- ▶ I could remind myself that a third of students in grades 7-12 saw someone over the past year for a mental health concern—it's common!
- ▶ I could remind myself getting help early is a good thing and can help me feel better sooner.

