

## Action planning worksheet

What are your top insights from your report and the session about your stressors and signs of stress?

Write your response here.



What are your top insights from your report and the session about productive and effective ways you can manage stress?

Write your response here.

Which of your less helpful stress responses do you need to watch out for? How will you minimize your use of these?

Write your response here.

What are your key takeaways relating to others' stress reactions and coping strategies?

Write your response here.

How can these insights help you to support others as they manage stress?

Write your response here.

What support might you need from others as you apply your insights and learning?

Write your response here.

