



# CENTER FOR ANTI-VIOLENCE EDUCATION

It is important that you take care of YOU! Here's a tool we created for you to make a plan for self care. Share it with a friend, mentor, family member. Or keep it just for yourself. Pull it out when you're feeling stressed so you remember what you can do ☺

## My De-Stress Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The kinds of things that really upset me are:

Here are some of the ways I deal with stress:

The not so health ways are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Some healthier ways are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

These are the people I feel comfortable talking to when I'm stressed:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_