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GRAD TRANSITIONS ASSIGNMENT 6:

STRESS MANAGEMENT PLAN

A ***stressor*** is something in your life that makes you angry, anxious, annoyed, or frustrated.

Stressors can include school, family, feelings, relationships, work, finances, etc.

Use the example below, to complete the assignment on the second page, to identify two stressors in your life and describe a plan to reduce the stress they cause.

EXAMPLE:

Identify stressor		Parents upset because I am not passing math.
Develop a plan to reduce the stressor and the feelings/effects it causes		
Identify possible reasons for the problem		<ul style="list-style-type: none"> • don't do homework • don't ask for help • don't like math • skip math classes • my parents don't understand how hard math is for me
Identify possible alternatives to fix the problem		<ul style="list-style-type: none"> • set aside a half an hour of math homework time everyday • talk to my teacher • ask friends who are good at math for help • find out which level of math I need for what I would like to do after graduation • attend class regularly and on-time • ask parents to support me by arranging a tutor
Choose the best way to reduce the stressor and the feelings/effects it causes		For example: I plan on talking to my teacher this week and asking for help and I also plan on doing homework regularly.

Identify stressor #1		
Develop a plan to reduce the stressor and the feelings/effects it causes		
Identify three possible reasons for the problem (at least 3 different ideas)		
Identify three possible alternatives to fix the problem (at least 3 different ideas)		
Choose the best way to reduce the stressor and the feelings/effects it causes (from the box above)		

Identify stressor #2		
Develop a plan to reduce the stressor and the feelings/effects it causes		
Identify three possible reasons for the problem (at least 3 different ideas)		
Identify three possible alternatives to fix the problem (at least 3 different ideas)		
Choose the best way to reduce the stressor and the feelings/effects it causes (from the box above)		