My Stress Plan

**NSCC Middleton**

**Middleton, NS**

**4/16/2014**

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This document is a plan of how I will deal with my ever growing stress level and how to counteract it.

My Personal Stress Plan

# Part 1: Tackling the Problem

## Point 1: Identify and address the problem

When I am overwhelmed with problems, I will sit down and work on them one at a time. For example, I will choose a problem that I can break down into smaller chunks and work on those chunks individually.

* I will seek advice from family members and learn from their experiences how to better handle problems.
* I will take big assignments and learn to make lists or timelines in order to finish them.
* I will work in teams so that I will learn the importance of teamwork and how it will leave me less stressed about a project.

## Point 2: Avoid stress when possible

I know that everyone has stress, but there are things that I could stay away from that really stress me out. I will:

* Avoid certain people that give off negative vibes.
* Avoid certain places, like call centres (stressful work environments)
* Avoid certain things that cause me to feel uncomfortable.

## Point 3: Let some things go; so I can focus on others

I realize that I waste some of my energy worrying about things I can’t fix. Here are some things that I will try to let go, so I can focus on the problems I can change.

* Letting go of bad test results
* Not finishing a level in a game
* Having difficulty with assignments
* Letting differences of opinion go

# Part 2: Taking Care of My Body

## Point 4: The Power of Exercise

I will do a workout at least 20 minutes every day because I know that a strong body will help me deal better with stress and will keep me in shape. The kinds of things, I like to do include:

* Riding a bicycle
* Taking a Walk while listening to music
* Stretching

## Point 5: Eat well

I know that having a healthier body will help me deal with stress better. I understand that good nutrition will make a difference in my health and how well I can deal with my stress. The changes that I am ready to make include:

* Eating a good breakfast
* Skipping fewer meals
* Drinking fewer sodas and sugary drinks
* Drinking more water
* Eating smaller portions
* Eating less greasy meals or snacks
* Eating more fruits, vegetables, and whole grain foods

## Point 6: Sleep well

I know that people who get a good night’s sleep do a better job of dealing with stress and do better in school. For me to get the sleep I need, I will try to go to bed at 11:00pm. I will consider the following plan to help me get more rest at night:

* Avoid caffeine at least 6 hours before bed.
* Exercise 8-10 hours before bed.
* Finish homework after exercise because I will be my calmest, clearest and most focused.
* Take some time to relax or hang out after homework.
* Shower or bathe 1 hour before bed.
* Begin to dim the lights 30 minutes before bed
* Let go of my emotional tension before bed in a place other than bed.
* I will use my bed only for sleeping.

 I will use another place to do some of the things I do in bed now. I will:

* Stop worrying in bed.
* Deal with the things that stress me out before going to bed.
* Stop using my digital devices while in bed.

# Part 3: Managing My Emotions

## Point 7: Take instant vacations

Everyone needs to be able to escape problems for a while by taking an instant vacation.

I will:

* Read a book.
* Take a mini vacation to a local park or recreation center
* Get away from the problem!
* Imagine I am someplace peaceful and relaxing. (Home)
* Listen to music.

## Point 8: Release emotional tension

In order to help release my emotional tension, I will do the following things:

* I will try to let my worries go, rather than letting them build up inside.
* I will talk to a friend I have chosen wisely because I know he or she will give good advice.
* I will talk to my Father, Teacher, and Spouse.
* I will ask my parents or a teacher to help me find a counselor to help me work out my problems.
* I will let myself laugh more.
* I will let myself cry more.
* I will make lists to get organized.
* I will express myself through creative writing.

# Part 4:  Helping others can make you feel better about yourself!

## Point 9: Contribute

I know that people, who realize that they are needed, tend to feel better about themselves because they can make a difference in other people’s lives.

I plan to:

* + Help my father by keeping his computer up to date with maintenance.
  + Volunteer in my community by helping to raise funds for an organization that I believe in.
  + Help the environment by actively recycling and telling others how to properly recycle.