Stress Management Plan

Stressors: Homework

Situation: Large homework amounts are assigned within a short timeframe coupled with various other tests, extracurricular activities, family issues, relationships, and money.

Evaluation:

End of Day: Finished everything, Happy, Stress Gone

Decision:

Spend 15 minutes scheduling whole day, sticking to decision & Talk with a counselor to see what you can work out

Values: Conflicts

Values: Conflicts, Cheating is not honest

Values: Doesn’t Conflict

Values: Doesn’t Conflict

Values: Conflicts, it’s selfish

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Yes, in the end, you can finish everything, and sort all the issues out

It could work out for you in the end, but if you get caught, you will be set back

No, you will soon regret it when your homework begin piling up

Yes, a trusted pro could help you plan out what to do for you situation

No!! Suicide is a permanent solution to a temporary situation!

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Spend 15 minutes scheduling whole day, sticking to decision

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Copy other people’s homework

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Suicide, there’s too much stuff to do

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Talk with a counselor to see what you can work out

Options

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Ignore everything and relax