

# MY ACTION PLAN

As a result of what I learned from the workshop, I will:

• Recognize symptoms of stress and practice self-care to feel better.

• My symptoms of stress include:

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• Some self-care techniques that I can use are:

- Practice a deep breathing exercise \_\_\_\_\_ times a day.
- Exercise for 20-30 minutes \_\_\_\_\_ times a week.
- Practice positive self-talk words or phrases in difficult situations (“calm,” “confident,” “I can do this!”).
- Your idea: \_\_\_\_\_  
\_\_\_\_\_

• Know my community resources that can help.

One community resource that I am likely to use myself or refer someone to is:

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

Contact Number: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_ Location: \_\_\_\_\_



Cultivating a productive mindset when it comes to dealing with stress can be done with the help of a personal action plan. Action plans can help us identify how we plan to deal with stress by listing out specific steps or tasks to help ourselves and those we care about. Consider some of the useful ideas listed on this page, or fill in the blanks to create your own ideas. Keep this action plan in a place where you will see it to remind you of your efforts.

Look for additional learning opportunities on stress and anger management through your Cooperative Extension Service.

To learn more, visit [msue.msu.edu/managingfarmstress](http://msue.msu.edu/managingfarmstress).

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