

# Stress Action Plan

1. Identify the source or cause of stress and/or anxiety:
2. What way can you cope? What makes you feel better *in the moment*?  
(Ex: Music, walking, talking to your friend, etc.):
3. Identify what choices you *can* make:  
(Ex: My Spanish exam is stressing me out but it is unavoidable. However, I can give myself an extra week to study so that I am well prepared come test day):
4. Action steps. What steps will you do today to come to a solution for an issue?  
(Ex: If it is stress about an assignment, schedule an appointment with your professor during office hours to discuss the issue. Ex.2) Schedule a day/time to have a face-to-face conversation with your roommate about your concern regarding different living styles):