|  |
| --- |
| Anti-stress action plan  – how I intend to avoid stress |

|  |
| --- |
| 1. What do you wish to achieve with your anti-stress action plan? |

|  |
| --- |
| Sort |
| 2. Would you like to get a better overview and order for any areas in particular? Briefly describe each area and how you intend to go about it. |
| 3. Are there any work habits that you intend to change? |
| 4. Are there any tasks or individuals that you want to say no to? Briefly describe them and how you intend to go about it. |
| 5. Do you want to change anything in your daily diet? What? |

|  |
| --- |
| Relax |
| 6. Briefly describe which relaxing activities you wish to retain – or introduce – and when you intend to set aside time for them during the week. |

|  |
| --- |
| Sweat |
| 7. Which physical activities can and will you initiate? Briefly describe the activity and when you intend to set aside time for it during the day or week. |
| 8. Could anything prevent you from reaching your goal? Briefly describe what it could be – and what you intend to do to avoid the obstacle. |

|  |
| --- |
| Specific agreements: |
|  |
|  |