

Self-Management Plan

Aim: To build a self-management plan that will help me in the future when life, situations and emotions are tough.

Instructions: Answer the question as honestly as you can.

What three strengths do you have that will help you in stressful situations (e.g. patience, honesty, being organised etc)?

1.

2.

3.

What three things can you do when you are in a stressful situation or event? (e.g. breathe deeply, talk to someone, walk away from the stressful situation, etc.)

1.

2.

3.

What three thoughts can help you achieve a better outcome when you are stressed? (e.g. thinking that I should take big breaths and that I can work out what needs to happen if I am calmer)

1.

2.

3.

What do you think will improve in your life if you can put this plan into action next time something goes wrong?