

WELLNESS ACTION PLAN

CAUSES OF STRESS

Internal Causes of Stress:

External Causes of Stress:

STRESS SIGNS AND SYMPTOMS (IN ORDER OF MILD TO WORST)

| Physical | Emotional | Behavioral | Social/Relational | Mental |
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HEALTHY WAYS TO COPE WITH STRESS

PHYSICAL WELLNESS GOALS

EMOTIONAL WELLNESS GOALS

SOCIAL WELLNESS GOALS

SPIRITUAL WELLNESS GOALS

VOCATIONAL/PROFESSIONAL GOALS

INTELLECTUAL/PSYCHOLOGICAL GOALS

TOP THREE GOALS (USING SMART GOALS)

- **SPECIFIC: DEFINE A CLEAR, SPECIFIC GOAL (WHO, WHAT, WHERE, WHY)**
- **MEASURABLE: MAKE SURE YOU CAN TRACK PROGRESS (HOW MUCH, HOW MANY)**
- **ACHIEVABLE: CREATE A GOAL THAT IS REALISTIC AND THAT YOU CAN ACCOMPLISH**
- **RELEVANT: CHOOSE A GOAL THAT IS WORTHWHILE AND MEETS YOUR NEEDS**
- **TIMELY: SET A TIME LIMIT**

1.

2.

3.