

STRESS MANAGEMENT PREPAREDNESS PLAN

Stress is inevitable. Having a plan in place for when the going gets tough can help you feel supported and in control of your situation.

People I can connect with

Name	Contact Info
Name	Contact Info
Name	Contact Info

Things I can connect with

(e.g., nature, faith, pets.) This may mean a moment of meditation or prayer, reading or listening to something inspiring, tending to plants, petting an animal—the goal is to connect with inner pieces of yourself that may bring out the very best in you.

1. _____

2. _____

3. _____

Things I am grateful for

Living in gratitude is known to support our physical, psychological and social health. Ask yourself what you DO have in your life that is good.

1. _____

2. _____

3. _____

Ways I can relax

There isn't one "right" way to relax for any particular situation, and different things will work for different people. The key is to figure out which techniques work for you, and when to use them. For inspiration, check out these [99 Coping Skills](#).

1. _____

2. _____

3. _____

Positive statements I can say to myself

If it's hard to come up with affirmations on your own, think of someone who loves you; how would they describe you? Turn their words into an "I" statement.

1. _____

2. _____

3. _____

Whether you're experiencing everyday stress or a major life challenge, let **Johns Hopkins Employee Assistance** help. The program provides you and your household members free, around-the-clock access to a range of stress management and work-life balance resources.

PHONE: 888-978-1262

WEB: www.myccaonline.com

(Company Code: JHEAP)

APP: CCA@YourService

(Access Code: JHEAP)

