



Developing an Individual Stress Management Plan

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By Reji Mathew, PhD

Stress management is an ongoing skill and requires conscious effort. It can be helpful to assist patients to develop individualized stress management plans with options that require varying levels of exertion and planning. When helping patients design stress management options, offer (L) low-, (M) moderate- and (H) high-exertion stress management techniques. For each individual, the degree of exertion required to implement each strategy will differ.

You can use or reproduce this checklist to use with your own patients to help them develop stress management strategies.

| Stress Management Activity | Energy Level (L,M, or H) | Plan (Time/Day) |
|-----------------------------------|---------------------------------|------------------------|
| Autogenic training | | |
| Art/Drawing | | |
| Aromatherapy | | |
| Activity scheduling | | |
| Breathing techniques | | |
| Conflict resolution | | |
| Calling friends | | |
| Expressing feelings | | |
| Exercise | | |
| Enjoying nature | | |
| Guided imagery | | |
| Hobbies | | |
| Humor | | |
| Hot Shower | | |
| Laughter | | |
| Music | | |
| Meditation | | |
| Massage | | |
| Movies | | |
| Online support | | |
| Psychotherapy | | |
| Pet therapy | | |
| Prayer/Spirituality | | |
| Progressive muscle relaxation | | |

| Stress Management Activity | Energy Level (L,M, or H) | Plan (Time/Day) |
|----------------------------|--------------------------|-----------------|
| Positive thinking | | |
| Planning a vacation | | |
| Pleasurable meal | | |
| Power nap | | |
| Stress balls | | |
| Sunlight | | |
| Social visits/groups | | |
| Stress-free moments | | |
| Stretching | | |
| Swimming | | |
| Sex/Intimacy | | |
| Time management | | |
| Time-out | | |
| Visualization | | |
| Vacations | | |
| Yoga | | |

For more information on stress management:

Mathew, R. "Stress Management: Helping patients develop skills for resilience and wellness." *ADVANCE for Occupational Therapy Practitioners* April 28, 2008: 38-39.

Dr. Reji Mathew is a psychotherapist/clinical instructor at the New York University. Her clinical expertise is in integrative psychotherapy, particularly cognitive behavioral skills training. Reach her via email at rjm3463@nyu.edu.



Notes
