

# 3-STEP STRESS RELIEF PROCESS

Instructions: Use the Pause-Find-Practice process below to create your own stress resiliency plan on page 2.

## Pause to Evaluate Stress

### Step 1: Pause to Evaluate Stress

- A. Stop a moment to take your stress temperature.**
- B. Ask yourself: "What is going on with me right now?"**
  - Physically: Do you feel tense, have a headache, feel tired, appetite changes?
  - Cognitively: Do you have difficulty remembering, concentrating, organizing, making decision?
  - Behaviorally: Are you more irritable, withdrawn, smoking or drinking more than usual?
  - Emotionally: Are you crying often, feeling worried, more moody than usual, rapid changes in mood?

## Find Tools to Handle Stress

### Step 2: Find Tools to Handle Stress

- A. What do I do normally that helps with stress?**
- B. What gives me immediate relief?**
  - Deep breaths
  - Distracting with photos, music, scents
  - Movement like walking or going into a different room
  - Positive self-talk: I've got this! I'm good at this task.
- C. What supports do I have for help?**
  - Family
  - Friends
  - Clergy
  - Professionals
  - Staff Support Hotline Call 612-455-8656 or [covidsupport@acp-mn.com](mailto:covidsupport@acp-mn.com)

## Practice to Get Relief

### Step 3: Practice Using these Tools

- A. Select a Tool:**
  - What ONE tool do I already use?
  - Which one seems easiest to me?
- B. Practice Often:**
  - How often do I think I need immediate stress relief?
- C. Plan for Situations:**
  - What situations make me stressed?
- D. Make a Stress Relief Habit:**
  - What do I normally do to get myself to start a new habit?
- E. Commit to trying one tool:**
  - **"I commit to trying"** (fill in the blank)

**REPEAT**

# MY STRESS RELIEF PLAN

Pause  
to Evaluate Stress



Find Tools  
to Handle Stress



Practice  
to Get Relief

## Step 1: Pause to Evaluate Stress

How do I feel when I'm stressed?

Physically:

Cognitively:

Behaviorally:

Emotionally:

## Step 2: Find Tools to Handle Stress

What do I do normally that helps with stress?

What gives me immediate relief?

What supports do I have for help?

## Step 3: Practice Using these Tools

What ONE tool do I already use? Which one seems easiest to me?

How often do I think I need immediate stress relief?

What situations make me stressed?

What do I normally do to get myself to start a new habit?

**I commit to trying** (fill in the blank)

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REPEAT