

## **Youturn Health Stress Management & Resilience Action Plan**

At Youturn Health, we believe in keeping things simple. We do NOT want to create a planning process that is packed full of forms to complete and blanks to fill in. This is not a pass/fail exam. As a matter of fact, you are free to forego this particular form and use your own method of personal accountability.

Some people use a personal journal to write down their action plan. Some people use their calendar. Others incorporate their personal steps into a habit tracking app. Others simply keep the plan of attack in their mind (although we don't recommend that approach – at least not initially).

The important thing is to clearly define exactly what steps you will take to reduce stress, improve coping skills, and increase resilience, ultimately leading to improved performance and higher life satisfaction.

## Section 1: Things You Can Change. ACCOUNTABILITY:

If you identified external conditions that you can change or influence, write it down here, and set a date for yourself. Examples:

- Update my resume
- Set boundaries in my relationship with my sister-in-law
- Avoid the toxic conversations in the breakroom
- Have a conversation with my co-worker to clear the air

This is not a pass/fail exam. You can ballpark a date, or you can adjust the next action. For example, you may decide that having a conversation to try and clear the air is not a good idea right now because you're not sure you could maintain your composure. Therefore, your next action may be "get some coaching on conflict resolution."

**NOTE: Youturn Health Stress Management and Resilience Coaches are available for these types of consultations. [Learn more here.](#)**

1) Next Action: \_\_\_\_\_ Date: \_\_\_\_\_

2) Next Action: \_\_\_\_\_ Date: \_\_\_\_\_

3) Next Action: \_\_\_\_\_ Date: \_\_\_\_\_

You should constantly come back and revisit these external issues. It's important to change the things you can. You will find that this process of managing external stress is neverending. The world will always throw you a problem to solve.

***Therefore, we encourage you to proceed to the stress management action plan below.***

## Section 2: INTERNAL COPING AND RESILIENCE PLAN 1.0

First, on the blank chart at the end of this PDF, insert any activities you are currently engaged in and any activities you plan on starting.

### Example: Stress Management Activities

Stress Management Activity	Start	End	Notes
Exercise	3/2/2023	Ongoing	Pretty good routine going; will continue
Eat less sugar	5/1/2023	Ongoing	This has been hard, but I will continue

As you advance through our curriculum, you will discover tools and actions you can take that will improve coping and resilience. The skills you acquire will apply to multiple areas. For example, Three Good Things is an exercise that is proven to be effective in reducing internal stress regardless of the particular issue. Simply list the positive psychology and mindfulness actions you plan to take. You can add to the list as you advance through the course and learn new skills and principles. Keep it simple and commit to a practice and/or principle for at least 30 days.

### Example: Positive Psychology Principle and Practice

Positive Psych Principle/Practice	Start	End	Notes
Three Good Things	11/2/2022	5/1/2023	Improved mood most days; will continue

And, of course, you can develop your own way of tracking progress and accountability. YOU ARE THE EXPERT ON YOU. The important takeaway is to please be intentional about the implementation of resilience and stress management skills.

Please see the example PDF (Youturn Health Action Plan EXAMPLE) in the *Materials* tab of the *Action Plan* lesson for more information on implementation of an action plan.

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On the following page is a master copy/blank chart that you can use to document the process. However, we again want to emphasize that you can use a journal to document the journey or an app or a spreadsheet. However, we do recommend you write this down.

Stress Management Activity (Already Engaged)	Start	End	Notes

Positive Psychology/ Resilience Action Plan	Start	End	Notes