

Create Your Own Stress Management Plan

Identify the Problem

When I have one too many problems, I will work on just one at a time.

My problem(s) is:

- I am upset that someone in my family is deploying
- My family member's deployment was extended
- My family member seems different since returning from deployment
- I am afraid my family member could be injured during their deployment
- I am uncomfortable with my new responsibilities since my family member deployed.
- Other problem either about deployment or normal teenage concerns

The steps I am going to take are:

- Realize that my family member is serving with the best military in the world and is surrounded by people who are watching out for him/her
- I will stay in touch with my deployed family member
- I will tell my deployed family member of other members of my family how I am feeling
- I am going to let my deployed family member know about all of the good things going on in my life while they have to be away
- I will realize that it is ok to mess up sometimes and that I don't have to be perfect
- I will communicate to my deployed family members that I am trying to adapt to my new circumstances and that I am doing well (if this is true, of course).
- Other steps I will take:

Avoid Stress

I know that everyone has stress, but there are things I could stay away from that really stress me out.

I will:

- Avoid people who stress me out.
- Avoid certain places that bring me down.
- Avoid certain things, like:
- News coverage of the war.
- Other things that bring me down.

Let some things go

I realize that I waste some energy on worrying about things I can't fix.

- I will let go that my family member is deployed and I have no control over when
- I will let go that money is short since my family member deployed
- Other:

Exercise

I will do something that makes my body work hard for at least 20 minutes every day.

I like to do:

- Team sports like baseball or basketball
- Swimming
- Running
- Biking
- Blading
- Skateboarding
- Other

Relax

I will try to teach my body to relax body using:

- Deep Breathing
- Yoga
- Meditation
- Warm, Long baths or showers
- Imagine I am someplace peaceful
- Other healthy way to relax

Eat well

I understand that good nutrition makes how well I deal with stress.

The changes I am ready to make include:

- Eating a good breakfast
- Skipping fewer meals
- Drinking fewer sodas and sugar drinks
- Drinking more water
- Eating smaller portions
- Eating less greasy meals or snacks
- Eating more fruits and veggies
- Other ways of eating healthy

Sleep well

A good night's sleep helps me deal with stress better. I will use another place to do some of the things I do in bed now.

I will stop:

- Reading in bed
- Doing homework in bed
- Watching Television in bed
- Talking on my phone or texting in bed
- Worrying in bed
- Thinking of things that stress me out

For me to get some sleep I need, I will try to go to bed at: _____

Take instant vacations

Everyone needs to be able to escape from their problems for a while.

I will:

- Read a book
- Imagine I am someplace peaceful
- Imagine that I am with my deployed family members during a good time
- Watch television
- Listen to music
- Play video games
- Take a warm bath
- Work on a hobby
- Other:

Contribute

People who realize they are needed feel better about themselves because they can make a difference in other people's lives.

I plan to help a member of my family by:

- Doing my best to contribute to my family while my deployed family member is away
- Happily offering to take care of my siblings.
- Pleasantly taking on a few more chores at home so that the work is done faster.
- Offering to listen when my family needs to talk

I plan to volunteer in my community by

- Talking the time to discuss with other young people who have deployed family
- Volunteering at a local hospital or nursing home
- Working with other families who have family members deployed and help them
- See my contributions at home and in the community as a way to honor and
- Working on a habitat for humanity project
- Other ways to help the community

I plan to help the environment (or animals) by

- Volunteering at an animal shelter
- Volunteering to clean up trash in vacant lots or along the roadsides
- Volunteering to assist with collecting recyclable items
- Turning out lights when they're not needed and not running water for extended
- Other ways to help the environment

