



### Personal Stress Management Planning

How well do you manage your stress? Evaluate how well you have done in the past 24 hours in each of the five areas, by answering the following questions. Then list ways in which you can improve and plan to improve in the space provided under each item.

#### 1. Nutrition

Within the past 24 hours have you consumed the recommended numbers of servings of fruits & vegetables, breads & cereals, milk, and meat? yes no

Were the number of calories you consumed appropriate for achieving your desired body weight? yes no

#### 2. Exercise

Within the past 24 hours have you exercised vigorously for at least one half-hour yes no

Do you include of some sort of aerobic exercise into your routine at least every other day? yes no

#### 3. Sleep

Did you get at least eight uninterrupted hours of sleep last night? yes no

#### 4. Social Life

Do you communicate as well with others and have as satisfying interpersonal relationships and friendships with others as you would like? yes no

#### 5. Organization and Management

Are you organized in and do you manage your time, work, leisure, etc? yes no