



MY STRESS SELF-MANAGEMENT PLAN

DATE

PATIENT NAME

NEXT VISIT

PROVIDER NAME/NUMBER

GREEN ZONE

I FEEL RELAXED AND POSITIVE.



In the Green Zone, I am:

- Happy and hopeful
- Able to sleep peacefully
- Able to focus and concentrate
- Energetic and positive
- Eating regular, healthy meals

In the green zone, I will prevent stress with these tips:

- Avoid stressors within my control
- Plan out major life changes and prioritizing tasks
- Exercise 3-5 days a week for 30-60 minutes
- Eat healthy meals and get consistent sleep each night
- Talk to friends and family about what is going on in my life
- Do something I enjoy for at least 15 minutes a day

MY TOP STRESSORS:

- 1.
- 2.
- 3.

YELLOW ZONE

I AM EXPERIENCING SHORT-TERM STRESS.



I am in the yellow zone when I,

- See a change in my eating habits
- Feel nervous, irritable, anxious, or overwhelmed
- Have trouble focusing, concentrating or sleeping
- Have decreased energy or often feel tired
- Have a headache or tense muscles
- Experience stomach ache, nausea, or heartburn

In the yellow zone, I will manage my stress with these tips:

- Set a daily routine for myself
- Create and organize a to-do list
- Relax by stretching or exercising
- Pause and take a short break
- Ask for help from a parent, friend, or counselor

RED ZONE

THE STRESS IS NOT GOING AWAY AND I NEED HELP.

I know I am in the red zone when I,

- Feel fearful, irritable, hopeless, or depressed
- Have weight loss or weight gain
- Unable to focus, concentrate or have disturbing thoughts
- Am unable to sleep or am sleeping too much
- Have low energy
- Do not want to go to work or school
- Cannot finish tasks and am putting things off
- Isolate myself and do not leave the house

In the red zone, I will seek help with these tips:

- talk to a parent, friend, or counselor
- call my doctor
- consider seeing a counselor on a regular basis

QUESTIONS? Texas Children's Health Plan Nurse Help Line 24/7: 1-800-686-3831

