

My Stress Check-In

Take a moment to notice what is happening right now. You do not need to solve everything at once.

1. What is happening? What situation or event is causing stress right now?

2. What do I notice in my body? For example: tight shoulders, fast heartbeat, headache, tiredness, restless feeling.

3. What am I feeling?

4. What thought keeps returning?

5. What do I need right now?

- ☐ Rest
- ☐ Information
- ☐ Practical help
- ☐ Someone to talk to
- ☐ Space or quiet
- ☐ Food or water
- ☐ Something else: _____

6. One useful next step

What is one small and realistic thing I can do next?

Small steps count. You only need to decide what will help you next.

My Stress Traffic Light

Notice how your stress changes before it becomes overwhelming. Think about your own signs and what helps you at each stage.

GREEN — I feel steady
I am coping and feel mostly okay.

My signs:

How do I know I am doing okay?

What helps me stay here:

YELLOW — Stress is building
I am starting to notice more tension, worry or pressure.

My warning signs:

What changes in my body, thoughts, feelings or behaviour?

What can help:

RED — I feel overwhelmed
Stress feels very high and it is difficult to cope.

My signs:

What can help me right now:

Knowing your early warning signs can help you act before stress becomes overwhelming.

Worry to Action

When something is worrying you, break it into smaller steps. Focus on what you can do now and leave the rest for later.

1. What am I worried about?

2. Can I do something about this today?

- ☐ Yes
- ☐ No
- ☐ I'm not sure

3. What information do I need?

4. Who can help?

5. My next small step

What is one realistic thing I can do?

6. What can I leave for later?

You do not have to solve everything today. Focus on the next useful step.

My Personal Stress Plan

Use this page to notice what affects your stress and what helps you cope

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1. Common triggers

What situations, people or pressures often increase my stress?

2. Early warning signs

What do I notice in my body, thoughts, feelings or behaviour?

3. Coping tools that help me

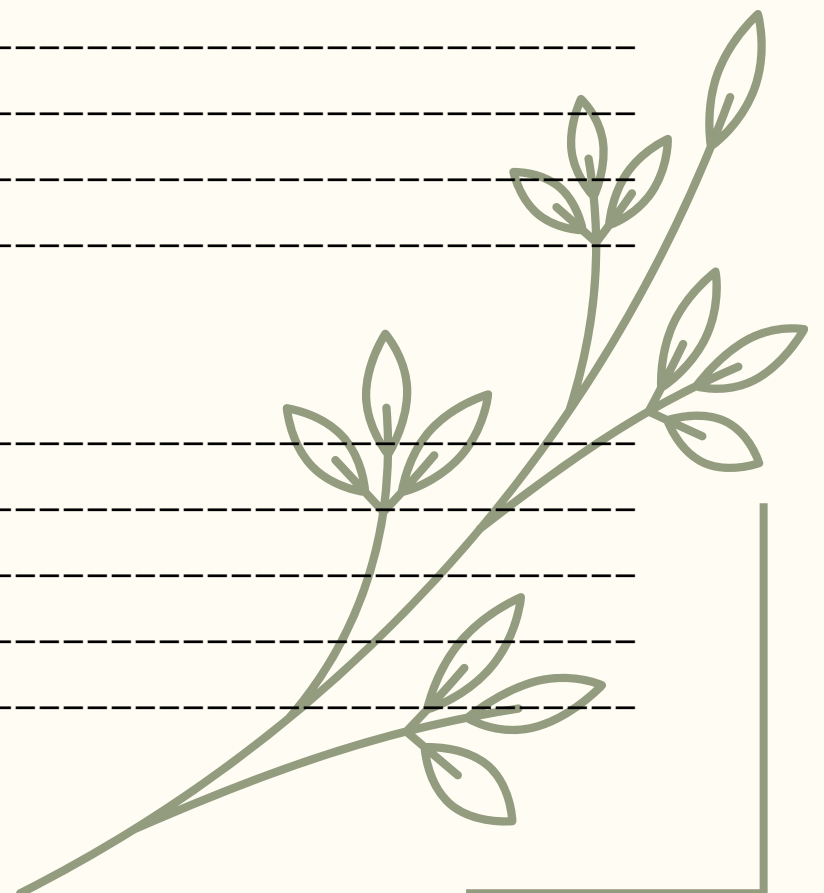
4. People I can contact

5. Professional or community support

Who or what can I turn to if I need more help?

6. What tends to make things worse?

7. What I want to remember when I am stressed



My Weekly Wellbeing & Recovery Plan

Small, realistic actions can support your wellbeing. Choose one thing you can do in each area this week.

Sleep & rest

One realistic action:

Movement

One realistic action:

Food & water

One realistic action:

Social connection

One realistic action:

Quiet time

One realistic action:

Creativity & enjoyment

One realistic action:

Practical support

One realistic action:

This is not about doing everything perfectly. Choose actions that feel realistic for you this week.