

STRESS REDUCTION PLAN

This is my own personal plan on what I can do before, during and after any stressful situation.

WHO I CAN CALL

Ex. Trusted adult

ITEMS TO USE

Ex. Fidget toy

WHAT I CAN DO AT A SAFE SPACE

Ex. Get into comfortable clothes

WHAT I CAN DO DIGITALLY

Ex. Watch my favorite calming video

WHAT I CAN DO WITH NOTHING

Ex: Deep Breathing