

Food Safety and Inspection Service  
**Wellness Training Program**

**Worksheet Thirteen: Design a Personal Stress Management Program**

**Instructions:**

Hopefully, you are already doing some things that help make you stress resistant. Print out this worksheet and place a check mark by the coping skills you already have in your lifestyle.



**Physical Skills**

**People Skills**



- Eat three meals daily
- Exercise at least three times weekly
- Don't smoke
- Drink alcohol no more than three times per week

- Ask for help when I need it
- Say how I feel
- Give and receive love
- Say "no" if I need to



**Personal Management Skills**

**Action Skills**



- Plan my time well
- Be on time when I'm expected
- Take "time out" to get perspective
- Know how to laugh at life

- Have hobbies
- Feel good about what I do
- People can count on me
- Try new things



Now, you have an opportunity to construct your own Personal Stress Management Program. You have had a chance to look at the things that you already do that help you cope with stress, and you have had an opportunity to read about a variety of things that can help you become more stress resistant.



