

Strategy #6: Self-Care Plan: Lifestyle Factors for Stress Management

There is power in making a written plan and committing to stick to it. Please make a plan that you can follow and begin to practice. Make a realistic plan that you can comfortably keep. It is perfectly okay to work up to the goals in your plan.

Exercise: Most days of the week, at least 30 minutes of aerobic exercise. Describe your plan.

Sleep: How many hours per night? (Schedule in a little more than you think you need.) What time will you go to bed? What time will you wake up?

Eating: At least three times per day, using healthy choices. Create a menu for the week and check it against national food guide recommendations. Make a list and shop for everything you need for the week. Describe what steps you will take to make healthy food choices below.
