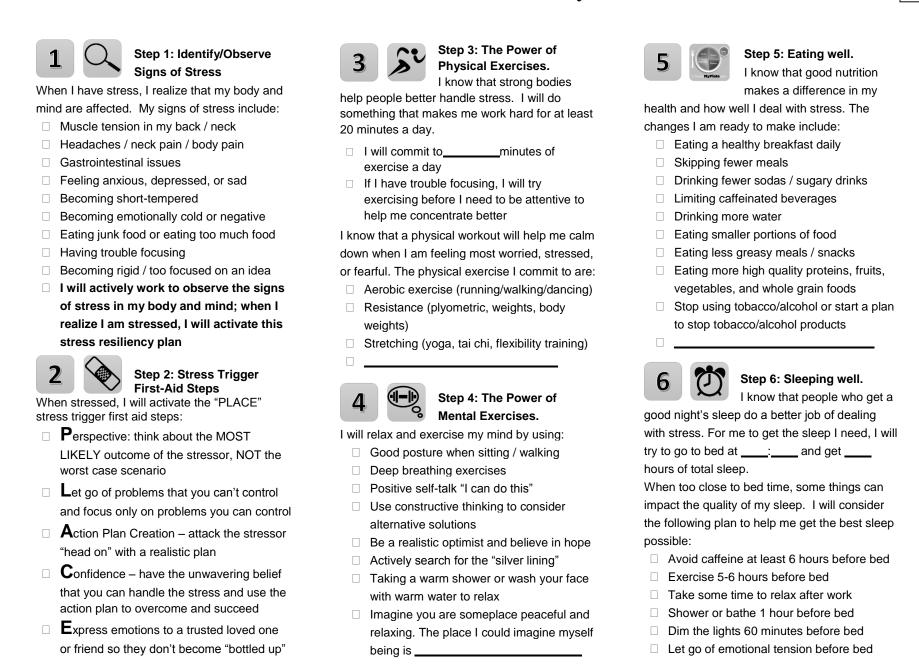
## **CAP Personal Stress Resiliency Plan**



# **CAP Personal Stress Resiliency Plan**

### Sleeping Continued:

I will use my bed only for sleeping. I will use another place to do some of the things I do in bed now. I will:

	Not use a tablet / computer / smartphone 1
	2 hours before bed
	Stop reading in bed prior to sleeping.
	Stop doing work in bed.
	Stop watching television in bed.
	Stop talking to my friends or texting /
	messaging in bed.
	Stop worrying in bed.
	Dock my smartphone in a charger that is
	not in my bedroom.
	Get out of bed and read if I am unable to
	fall asleep.
=	Step 7: Take instant
	vacations.
≣ve	ryone needs to be able to mentally escape
orol	
	blems for a while by taking an instant
	blems for a while by taking an instant
vac	olems for a while by taking an instant ation. I will:
⁄ac □	olems for a while by taking an <i>instant</i> ation. I will: Read a relaxing and familiar book.
⁄ac □	olems for a while by taking an <i>instant</i> ation. I will:  Read a relaxing and familiar book.  Mentally take a mini vacation to a favorite
/ac	olems for a while by taking an <i>instant</i> ation. I will:  Read a relaxing and familiar book.  Mentally take a mini vacation to a favorite place or favorite past event
/ac	blems for a while by taking an instant ation. I will:  Read a relaxing and familiar book.  Mentally take a mini vacation to a favorite place or favorite past event  Imagine I am someplace peaceful and
/ac	blems for a while by taking an <i>instant</i> ation. I will:  Read a relaxing and familiar book.  Mentally take a mini vacation to a favorite place or favorite past event Imagine I am someplace peaceful and relaxing. The place I could imagine myself
/ac	blems for a while by taking an <i>instant</i> ation. I will:  Read a relaxing and familiar book.  Mentally take a mini vacation to a favorite place or favorite past event  Imagine I am someplace peaceful and relaxing. The place I could imagine myself being is
/ac	blems for a while by taking an instant ation. I will:  Read a relaxing and familiar book.  Mentally take a mini vacation to a favorite place or favorite past event  Imagine I am someplace peaceful and relaxing. The place I could imagine myself being is
/ac	blems for a while by taking an <i>instant</i> ation. I will:  Read a relaxing and familiar book.  Mentally take a mini vacation to a favorite place or favorite past event Imagine I am someplace peaceful and relaxing. The place I could imagine myself being is  Watch television/movies  Listen to calming and familiar music.





I know that people who have healthy positive interactions cope better with stress. I plan to:

### -Communicate with my Team / Co-Workers

- ☐ I agree that I will be respectful to my team.
- I agree that when I am stressed and cannot guarantee that I will be respectful, I will limit my interactions with my team / co-workers

### -Communicate with my Loved Ones

 Speak with my trusted loved ones at least daily (when possible) and explain to them why I am under stress and how I feel. I will lean on my loved ones and understand someday they will lean on me ☐ I will speak with my loved ones after exercise (when possible) because I will be at my calmest, clearest and most focused after exercise ☐ I agree that I will not make any significant changes in my life until I speak with them ☐ I agree that if I feel like I want to hurt myself, I will call or text the National Suicide



# **Further Help**

Prevention Lifeline or speak to a loved one.

National Suicide Prevention Lifeline:
confidential help 800-273-8266 / text
838255
I will consider speaking with a CAP CISM
member
If I need a CISM peer supporter and don't
know who their contact information, I will
email <a href="mailto:CISM@CAPNHQ.GOV">CISM@CAPNHQ.GOV</a> or call
1-888-211-1812 ext. 300 for help.
I will consider speaking with a religious or
spiritual leader
I will consider speaking with a CAP Chaplai
or CDI
If I need a CAP Chaplain and don't know
their contact information, I will call 1-877-

Based on the work of Ginsburg KR, Jablow MM.

227-9142 ext. 418 for help.