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**Step 1: Identify/Observe Signs of Stress**
When I have stress, I realize that my body and mind are affected. My signs of stress include:

* Muscle tension in my back / neck
* Headaches / neck pain / body pain
* Gastrointestinal issues
* Feeling anxious, depressed, or sad
* Becoming short-tempered
* Becoming emotionally cold or negative
* Eating junk food or eating too much food
* Having trouble focusing
* Becoming rigid / too focused on an idea
* **I will actively work to observe the signs of stress in my body and mind; when I realize I am stressed, I will activate this stress resiliency plan**

**Step 2: Stress Trigger First-Aid Steps**When stressed, I will activate the “PLACE” stress trigger first aid steps:

* **P**erspective: think about the MOST LIKELY outcome of the stressor, NOT the worst case scenario
* **L**et go of problems that you can’t control and focus only on problems you can control
* **A**ction Plan Creation – attack the stressor “head on” with a realistic plan
* **C**onfidence – have the unwavering belief that you can handle the stress and use the action plan to overcome and succeed
* **E**xpress emotions to a trusted loved one or friend so they don’t become “bottled up”

**Step 3: The Power of Physical Exercises*.***
I know that strong bodies help people better handle stress. I will do something that makes me work hard for at least 20 minutes a day.

* I will commit to \_\_\_\_\_\_\_\_minutes of exercise a day
* If I have trouble focusing, I will try exercising before I need to be attentive to help me concentrate better

I know that a physical workout will help me calm down when I am feeling most worried, stressed, or fearful. The physical exercise I commit to are:

* Aerobic exercise (running/walking/dancing)
* Resistance (plyometric, weights, body weights)
* Stretching (yoga, tai chi, flexibility training)
* ****\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 4: The Power of Mental Exercises.**

I will relax and exercise my mind by using:

* Good posture when sitting / walking
* Deep breathing exercises
* Positive self-talk “I can do this”
* Use constructive thinking to consider alternative solutions
* Be a realistic optimist and believe in hope
* Actively search for the “silver lining”
* Taking a warm shower or wash your face with warm water to relax
* Imagine you are someplace peaceful and relaxing. The place I could imagine myself being is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Step 5: Eating well.**
I know that good nutrition makes a difference in my health and how well I deal with stress. The changes I am ready to make include:

* Eating a healthy breakfast daily
* Skipping fewer meals
* Drinking fewer sodas / sugary drinks
* Limiting caffeinated beverages
* Drinking more water
* Eating smaller portions of food
* Eating less greasy meals / snacks
* Eating more high quality proteins, fruits, vegetables, and whole grain foods
* Stop using tobacco/alcohol or start a plan to stop tobacco/alcohol products
* ****\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 6: Sleeping well.**
I know that people who get a good night’s sleep do a better job of dealing with stress. For me to get the sleep I need, I will try to go to bed at \_\_\_\_:\_\_\_\_ and get \_\_\_\_ hours of total sleep.

When too close to bed time, some things can impact the quality of my sleep. I will consider the following plan to help me get the best sleep possible:

* Avoid caffeine at least 6 hours before bed
* Exercise 5-6 hours before bed
* Take some time to relax after work
* Shower or bathe 1 hour before bed
* Dim the lights 60 minutes before bed
* Let go of emotional tension before bed

**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.**
Everyone needs to be able to mentally escape problems for a while by taking an *instant vacation.* 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.
* Play video games that are not violent or stressful.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 8: Release emotional tension.**
I will try to let my worries go, rather than letting them build up inside.

* I will talk to a wisely chosen friend because I know they will give good advice.
* I will talk to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* I will pray to gain strength
* I will speak with a religious/spiritual leader
* I will meditate
* I will write out my thoughts in a diary, journal, or blog
* I will allow myself to laugh more
* I will allow myself to cry more
* I will make lists to get organized
* I will express myself through art
* I will express myself through music
* I will express myself through creative writing
* I will express myself through poetry
* I will write my experience down to share
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 9: Positive Interactions**
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**

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* 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 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 CISM@CAPNHQ.GOV 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 Chaplain or CDI \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* If I need a CAP Chaplain and don’t know their contact information, I will call 1-877-227-9142 ext. 418 for help.

Based on the work of Ginsburg KR, Jablow MM.