
STRESS MANAGEMENT PLAN TEMPLATE

Stressor	Impact Level (High/Medium/ Low)	Frequency	Coping Strategy	Action Plan	Timeline	Responsible Person(s)	Status

Usage Instructions

- 1. Identify Stressors:** List and describe stressors, assess their impact, and note how often they occur.
- 2. Develop Coping Strategies:** Create a strategy for each stressor and outline the action plan for implementation.
- 3. Implement and Track:** Assign responsibilities, set a timeline, and monitor the status of each action plan.
- 4. Review and Adjust:** Regularly assess the plan's effectiveness, adjusting strategies as needed.

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