**Individual plan for coping for stress**

Utilizing the information presented over the past 4 weeks, identify the following: stressful situations, signs of stress, strategies for preventing stress, strategies for coping with stress and identified support system.

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| Name: |
| Stressful situations to be aware of:1.2.3.  |
| Signs that I’m under stress:1.2. 3.  |
| My strategies for preventing stress:1.2.3. |
| My strategies for coping with stress:1.2.3. |
| Individuals that can support me:1.2.3. |