



The Lexington Group

Your Employee Assistance Program

Personal Action Plan for Stress Relief

1. The most important stress-related issues I want/need to address are:
2. The parts of the stress-related issue which I can control or influence include:
3. The goals or the positive results I would like to achieve are:
4. The first step I will take to achieve my goal is:
5. The stress management technique(s) which are most likely to help me achieve a positive result are:
6. I will know I have made a positive change by:
7. Potential barriers to success are:
8. Possible ways to overcome these barriers include:
9. The people who could best support me in this effort are:
10. I will contact them by _____ to discuss this Action Plan and request support.