

Daily Stress Management Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Unwind by doing something you enjoy							
Pause for a moment. Allow your mind to stop.							
Connect with someone outside of your home							
Do something from start to finish							
Exercise for at least 30 minutes							
Get plenty of rest							
Eat well							
Practice gratitude							

Add your own activity!

Want to talk about managing your stress? Need help connecting with a friend/family member? Know of someone who might need help? Call a COVID Support Counselor at 2-1-1, option #2. Available Monday-Friday, 8am-8pm. **We are here to help.**

