MY ACTION PLAN

As a result of what I learned from the workshop, I will:

• Recognize symptoms of stress.

• My symptoms of stress include:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

• Practice self-care to feel better.

• Some self-care techniques that I can use are:

☐ Practice a deep breathing exercise _________ times a day.

☐ Exercise for 20-30 minutes _________ times a week.

☐ Practice positive self-talk words or phrases in difficult situations (“calm,” “confident,” “I can do this!”).

☐ Your idea: __________________________________________

________________________________________________________________________

• Know my community resources that can help.

☐ One community resource that I am likely to use myself or refer someone to is:

Name: __________________________

Contact Number: __________________________

________________________________________________________________________

Class: __________________________

Date: __________ Location: __________

Look for additional learning opportunities on stress and anger management through your Cooperative Extension Service.

To learn more, visit msue.msu.edu/managingfarmstress.

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