

# Stress Recovery Personal Planner

Make a plan to move out of high stress into healing with REST - PROCESS - RECOVERY practices  
Here are some examples to help you consider what you can do to promote stress resiliency

Physical Well-being	Emotional Well-being	Motivational Well-being	Mental Well-being	Spiritual Well-being
<p>High stress affects physical energy. So I can slow down, release, resolve or redirect it by:</p>	<p>Stress creates negative emotions as warning signals. These emotions can resist change without conscious choice.</p>	<p>Stress can override my will and sense of personal ambition. Gain stability with intentional purpose and direction.</p>	<p>Stress hinders rational thought and learning. Move to problem-solving with new information.</p>	<p>Severe stress disrupts your moral compass. Trust, Hope, and Love can overcome stress and trauma.</p>
<p>Regain physical balance after a stressful episode. <b>Rest-Digest-Heal-Recover</b></p> <ul style="list-style-type: none"> <li>● Rest / sleep / vacation/ take breaks</li> <li>● Separate and detox from abusive substances and people</li> <li>● Curb excess shopping, working, eating, media</li> <li>● Replace toxic relationships and habits with healthy plan/support</li> <li>● Declutter / simplify</li> <li>● Self-care / hygiene</li> <li>● Exercise / physical work</li> <li>● Express emotion/talk laugh / cry / journal / share honestly</li> <li>● Seek professional medical help</li> <li>● Healthy nutrition, self-care</li> <li>● Emergency preparedness</li> <li>● Deep breathing, humming, singing, stretching, cold water and other vagus nerve stimulation.</li> <li>● Massage / hot tub/ nature</li> <li>● Add support group / plan / protection for safety and recovery / reinforce decisions with relationships</li> <li>● Avoid procrastination or over scheduling/ intentionally allow for interruption and realistic planning / delegate</li> </ul> <p><b>I will practice releasing the physical tension that stress creates by:</b></p>	<p>Refocus and release the negative emotions that stress creates. <b>Pause-Acknowledge-Process</b></p> <ul style="list-style-type: none"> <li>● Fun fact: The mind can not be grateful and afraid at the same time</li> <li>● Who or what am I grateful for? Verbalize thanks.</li> <li>● Intentionally release all worry, anger and trauma from body and mind. Keep wisdom</li> <li>● Time in nature / safe places</li> <li>● Supportive relationships</li> <li>● Meaningful work or helping others with skills or time</li> <li>● Play / hobbies / sports / new skill/ positive diversion</li> <li>● Soothing / energizing / inspiring music / singing</li> <li>● Positive entertainment</li> <li>● Art / dance / music making</li> <li>● Cooking / creativity / decorating/ fashion</li> <li>● Celebrations / traditions</li> <li>● Hospitality / companionship</li> <li>● Comedy / value fun/ laughter</li> <li>● Develop and practice enjoyable interests / skills</li> <li>● List and prepare for fun goals and budget time for pleasure and relaxation.</li> <li>● Practice emotional awareness and control daily</li> </ul> <p><b>I will allow for emotional recovery by:</b></p>	<p>Realize that my will can be weakened by stress, making me vulnerable to depression and compromise. <b>Evaluate-Consider Options-Decide</b></p> <ul style="list-style-type: none"> <li>● Clarify my true desires, choices/ intentional goals. Revise choices with understanding. Adjust for new stages of life or setbacks</li> <li>● Learn from mistakes / new choices / take responsibility without self-blame for trauma or abuse</li> <li>● Recognize stress - driven codependency or addiction</li> <li>● Expect stages of: 1. withdrawal, 2. processing, and 3. the plan and for support needed for recovery or grief</li> <li>● Report / Seek professional help for thoughts of self-harm, hopelessness / physical abuse or destructive relationships</li> <li>● Find support, training, and encouragement. Seek a mentor</li> <li>● Commit to personal decisions</li> <li>● Regain self-confidence with motivating goals and people</li> <li>● Set small goals to reach big ones, take action on personal healthy choices</li> <li>● Seek to clarify my unique gifts and talent apart from competition with others</li> <li>● Make room for tomorrow by resolving yesterday's conflicts, regrets, debts, trauma and grief in healthy ways.</li> <li>● Move from feeling like a victim to being a victor with a plan and support</li> </ul> <p><b>I will take a step toward living my better life today by:</b></p>	<p>Rethink decisions that may have been affected by stress. <b>Assess-Consider-Learn</b></p> <ul style="list-style-type: none"> <li>● Consider how stress has affected my ability to learn or problem-solve</li> <li>● Seek accurate information and training</li> <li>● Explore learning something fun</li> <li>● Research new ways to make my health or situation better</li> <li>● Learn in a group setting to increase engagement</li> <li>● Embrace learning / wisdom</li> <li>● Value practical learning, skill-based learning, creative learning, and applied learning</li> <li>● Apply insight to knowledge</li> <li>● Seek assistance if your mind is racing / tormented</li> <li>● Accept learning and growth needed for new stage of life or loss/ Keep seeking new information and healthy ideas</li> <li>● Revise decisions in light of new learning. Embrace the learning process and focus on learning from mistakes</li> <li>● Resist making decisions based on biased or manipulated facts. Research thoroughly what matters to you.</li> <li>● Wise choices make life better and learning opens up new possibilities</li> </ul> <p><b>I can recover after a stressful event by learning:</b></p>	<p>Reconnect with Faith and Love for optimal recovery. <b>Reflect-Release-Recieve-Revive</b></p> <ul style="list-style-type: none"> <li>● Stop to seek God. Refocus</li> <li>● Release control/demands / judgement / anxiety to God</li> <li>● Admit spiritual needs/failures</li> <li>● Turn from toxic evil / sin</li> <li>● Seek and trust spiritual truth</li> <li>● Turn from evil / violence/sin</li> <li>● Biblically, the Good News is to tur to God and find rest in Jesus's offer of Perfect Love for spiritual cleansing and forgiveness of sin. (1 John 1:9)</li> </ul> <p>Then experiece these gifts:</p> <ul style="list-style-type: none"> <li>-Be loved perfectly by God</li> <li>-Be forgiven completely by God</li> <li>-Recieving everlasting life from God</li> <li>-Get an eternal perspective</li> <li>- Be delivered from evil by God</li> <li>-Be holistically healed by God</li> <li>-Know your purpose from God</li> <li>-Be spiritually enriched by God</li> <li>-Experience perfect peace</li> <li>-Be enabled to forgive</li> <li>-Live an empowered life</li> <li>-Walk humbly with God</li> <li>● regular spiritual nourishment</li> <li>● Journal / express spiritual journey / connect with others</li> </ul> <p><b>I can be restored spiritually by:</b></p>

\*Examples of stress relief compiled from Medical, Behavioral Health, Addiction Medicine, and Pastoral Care Resources