

Stress Management Planner



A Planner designed to help you manage
your wellness and mental health.



Reclaim Your Life

Morning Intention

Set the tone for your day by reflecting on your goals, affirmations or focus for the day

Today, I will focus on	My affirmation for the day

Mindfulness Practice



Set the tone for your day by reflecting on your goals, affirmations or focus for the day

Activity	Duration	Reflection

Activity*: meditation, deep breathing

Gratitude Practice

Cultivate positivity by noting what you're grateful for.

Today I am grateful for...

Get Moving

Boost your energy and reduce stress with physical activity



Type of exercise	Duration	How I felt

Evening Reflection

Wind down by reviewing your day



Highlights	Challenges	Learnings

Time Management

Plan and prioritize your tasks for a balanced day



Top 3 priorities
1.
2.
3.

Breaks planned	Unscheduled tasks

Self Care Checklist

- ☐ Ate nourishing meals
- ☐ Stayed hydrated
- ☐ Took breaks
- ☐ Connected with loved ones
- ☐ Practiced relaxing activity (reading, music, art)
- ☐ Got adequate sleep

