

# Freedom From Lockdown Stress

CHALLENGE

## CREATING YOUR PREVENTION PLAN



- Step 1** Identify your **STRESS SOURCES**.  
Complete the ACTION Sheet: Full Plate.  
This includes writing down the BIG and the little sources



- Step 2** Assess which of them you **CAN CHANGE!:**  
Complete the SERENITY STRESS TOOL  
Take each item from your FULL Plate & put it correct place



- Step 3** **ITAKE ACTION!** Tear the SERENITY STRESS TOOL in half  
so you only hold the list of thngs you can change.  
Get busy changing them!

**Go do the next page!**



**Read through the following & when you see one you forgot – add it to your plate!**

Bills The Past

Kids

Not working

Work

Certain People

Holidays

Neighbors

Relationship

No insurance

Health Issues

Driving

Job Interviews

Boredom

Family

Divorce

School

Car problems

The Weather

Looking for work

Living Situation

Loss/Death

Crowds

Weight

Not enough time

Traffic

Doctors / Dentists

Moving

Snow

New job Boss

Standing in Line

Stores

Arguments

Job change

Waiting

Kids Schedules

Anxiety

Insomnia

Transportation

Roommates

Pain

Dr's Appointments

Commute

Dinner time

Coworkers

Politics

Finances

Running Late

Friends

Flying

Pets

Shopping

Depression

Trauma / Abuse

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