

Stress Resilience Action Plan

Supportive Relationships

Quality Sleep

Physical Activity

Mindfulness Practice

Balanced Nutrition

Mental Health Care



Set a SMART goal in each category

- S** specific
- M** measurable
- A** achievable
- R** realistic or relevant
- T** time bound

Stress Resilience Action Plan

Supportive Relationships

Spend quality time with loved ones in your home. Call, videochat, text, or email a friend or family member.

Quality Sleep

Sleep and wake up at the same time each day. Have a relaxing bedtime routine.

Physical Activity

Dance, stretch, walk, run, bike, hike, do workout videos at home.

Mindfulness Practice

Practice self-compassion. Journal about what you are grateful for.

Balanced Nutrition

Eat a healthy breakfast and drink water daily.

Mental Health Care

Learn about Mental Health services and commit to reaching out for support if needed.



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