

Stress Management Planner

Elvin Semrad (1909–1976), one of the most influential and beloved teachers of psychotherapy among his generation, taught that in order to end human suffering, we need to “acknowledge, experience and bear” the reality of life – with all its pleasures and heartbreaks. The greatest sources of our suffering “are the lies we tell ourselves,” he would say.

When being faced with challenge, we cannot get better without being honest with ourselves about every facet of our experience. According to Semrad, people can never get better without knowing what they know and feeling what they feel.

You are in charge of your life! The *Stress Management Planner* below is an invitation to become entirely honest and real with yourself about what is causing you stress; what coping mechanisms you apply to deal with it; what tools you have available to manage it effectively; and, how stress affects you overall.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What stress factors did you experience today?							
How did you respond to the stress?							
What tools did you use to return back to your green zone?							
What was the outcome of that situation?							
Write down one word that describes/summarises today.							