



MY STRESS SELF-MANAGEMENT PLAN

DATE _____

PATIENT NAME _____

NEXT VISIT _____

PROVIDER NAME/NUMBER _____

GREEN ZONE

I FEEL RELAXED AND POSITIVE



In the Green Zone, I am:

- Happy and hopeful
- Able to sleep peacefully
- Able to focus and concentrate
- Energetic and positive
- Eating regular, healthy meals

In the green zone, I will prevent stress with these tips:

- Plan out major life changes and prioritize tasks
- Exercise 3-5 days a week for 30 minutes or more
- Eat healthy meals and get consistent sleep each night
- Talk to friends and family about what is going on in my life
- Do something I enjoy for at least 15 minutes a day

MY STRESSORS

- 1.
- 2.
- 3.

YELLOW ZONE

I AM EXPERIENCING SHORT-TERM STRESS



I am in the yellow zone when I:

- See a change in my eating habits
- Feel nervous, easily annoyed, or overwhelmed
- Have trouble focusing and/or sleeping
- Have decreased energy or often feel tired
- Have a headache or tight muscles
- Experience upset stomach or heartburn

In the yellow zone, I will manage my stress with these tips:

- Set a daily routine
- Create a to-do list
- Relax by stretching or exercising
- Pause and take a short break
- Talk to a parent, friend, case manager or counselor about the stress

RED ZONE

THE STRESS IS NOT GOING AWAY AND I NEED HELP

I know I am in the red zone when I:

- Consistently feel fearful or hopeless
- Lose or gain 5 or more pounds
- Unable to focus or have disturbing thoughts
- Am unable to sleep or am sleeping too much
- Have low energy
- Isolate myself and do not leave the house
- Have no motivation for daily activities

In the red zone, I will seek help with these tips:

- call my doctor
- request a counselor referral from your doctor
- call the SAMHSA hotline at 1-800-662-HELP

QUESTIONS?

- 24/7 Texas Children's Health Plan Nurse Helpline: 1-800-686-3831
- 24/7 Texas Children's Health Plan Behavioral Health Helpline: Medicaid/STAR: 1-800-731-8529; CHIP: 1-800-731-8528; STAR KIDS: 1-844-818-0125
- Member Services: Medicaid/STAR: 1-866-959-2555; CHIP: 1-866-959-6555; STAR KIDS: 1-800-659-5764

