

Detailed Stress Management Checklist

Category	Detail	Frequency	Action
Identify sources of stress	Keep track, main sources of stress (e.g., time management, workload, social network)	weekly	Consider keeping a daily stress journal
Time Management Strategies	Create and follow a structured daily schedule	Daily	Use a paper or digital planner
Set Realistic Goals	Break tasks into manageable steps	weekly	Remember tasks are important
Deliberate and mind breathing techniques	Practice relaxation techniques (e.g., meditation, breathing warm air, progressive muscle relaxation)	Daily	Schedule 10-15 min for relaxation
Eat Regular Snacks	Consume small snacks between teaching periods	Daily	Use the 15-30-15-15 rule (15 min standing, 15 min sitting)
Professional Networking and Support	Join support groups or professional communities	weekly	Join for 15-20 min, focusing on teaching
Regular Physical Activity	Integrate physical activities into daily routine (e.g., walking, yoga)	Daily	Set a 15-20 min time for exercise
Balanced Diet	Maintain healthy and balanced diet	Daily	Drink water and avoid too much caffeine
Quality Sleep	Ensure sufficient sleep (7-9 hours)	Daily	Develop a bedtime routine
Work-Life Balance	Establish clear boundaries between work and personal life	Daily	Set fixed work hours
Leisure Activities	Engage in activities that provide pleasure and relaxation	weekly	Plan fun activities in advance
Stress Management Training	Attend workshops or training sessions on stress management	Quarterly	Look for online courses
Mental well-being Evaluation	Regularly assess your mental and physical well-being	weekly	Use self-assessment tools
Work Stressors and Coping	Identify work stressors and develop coping strategies	As needed	Look for stress management
Mindfulness Practices	Practice mindfulness (e.g., mindful breathing, body scan meditation)	Daily	Use apps or guided meditations
Positive affirmations	Use positive affirmations to boost morale and confidence	Daily	Write and repeat affirmations
Gratitude Journal	Keep a journal to note things you are grateful for	Daily	Reflect on positive experiences
Time for Reflection	Dedicate time for reflection and personal growth	weekly	Schedule 10-15 min for reflection
Peer Support Meetings	Meet with colleagues to discuss challenges and solutions	weekly	Plan regular meetings
Create a Comfortable workspace	Ensure your workspace is organized and comfortable for productivity	As needed	Invest in your workspace
Limit Exposure to Negative News	Reduce consumption of negative media that causes stress	Daily	Set limits for media consumption

Stress Management Checklist America

Franklin Stein, Susan K. Cutler



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