

# Worksheet | Behavioral Stress Tolerance Plan

## Directions:

Answer each of the questions as honestly as you can. The goal of this worksheet is to help you maintain areas of wellness, understand early warning signs of stress, and identify areas of support to help you.

### 1. Maintenance Plan:

*How do you feel when you feel well?*

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*List Everything you need to do to maintain wellness:*

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### 2. Triggers:

*List events or situations that may cause symptoms to begin:*

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*What will you do when triggers occur?*

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### 3. Early Indicators:

*Signs situation is worsening:*

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*What should you do if these early indicators occur?*

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### 4. Worsening of Symptoms:

*What will you do if this situation continues to escalate?*

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**5. Stress Tolerance Plan:**

*Who are my supports?*

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*What medication works? What medication does not work?*

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*What are treatments that work? What are treatments that do not work?*

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*Where can I go in my community (home/community resource)?*

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*What treatment facilities are options for me?*

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*What help do I need from my supporters?*

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*How do my supporters know I am better?*

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**6. Post Plan Planning:**

*Describe feelings, behaviors, and activities that indicate healing is occurring:*

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