

Stress Navigation Plan for Weight Loss

Effective stress navigation doesn't begin once stress enters our lives and impacts it in a negative way. It begins by planning ahead and exploring available resources while we're still emotionally and physically healthy. This Stress Navigation Plan is your own prioritized list of positive strategies and support resources that you can refer to in times of stress or adversity. Keep it in an easily accessible place so you can use it to help you make healthy decisions during life's inevitable challenges. Your Stress Navigation Plan is a personal, confidential and proactive tool to help keep you on track.

Signs you are stressed out: (Check all that apply)

Physical Signs	Emotional Signs	Social or Behavioral Signs	Cognitive Signs
<input type="checkbox"/> Low energy	<input type="checkbox"/> Negative thoughts	<input type="checkbox"/> Withdrawing from friends	<input type="checkbox"/> Memory problems
<input type="checkbox"/> Muscle tension	<input type="checkbox"/> Isolating yourself	<input type="checkbox"/> Increased drug use	<input type="checkbox"/> Can't stop worrying
<input type="checkbox"/> Headache	<input type="checkbox"/> Moodiness	<input type="checkbox"/> Increased alcohol use	<input type="checkbox"/> Short attention span
<input type="checkbox"/> Dizziness	<input type="checkbox"/> Anxious	<input type="checkbox"/> Anger outburst	<input type="checkbox"/> Trouble focusing
<input type="checkbox"/> Insomnia	<input type="checkbox"/> Trouble relaxing	<input type="checkbox"/> Overeating	<input type="checkbox"/> Anxious thoughts
<input type="checkbox"/> Stomachache	<input type="checkbox"/> Depression	<input type="checkbox"/> Not eating enough	<input type="checkbox"/> Difficulty making decisions
<input type="checkbox"/> Nausea	<input type="checkbox"/> Feeling overwhelmed	<input type="checkbox"/> Increased sugar use	<input type="checkbox"/> Poor judgement
<input type="checkbox"/> Chest pain	<input type="checkbox"/> Sadness	<input type="checkbox"/> Increased tobacco use	<input type="checkbox"/> Decreased coordination
<input type="checkbox"/> Loss of sex drive	<input type="checkbox"/> Denial	<input type="checkbox"/> Frequent arguments	<input type="checkbox"/> Confusion
<input type="checkbox"/> Diarrhea		<input type="checkbox"/> Change in sleep patterns	
<input type="checkbox"/> Constipation		<input type="checkbox"/> Difficulty listening	
<input type="checkbox"/> Sweating		<input type="checkbox"/> Procrastinating	
<input type="checkbox"/> Rapid heartbeat			
<input type="checkbox"/> Indigestion			
<input type="checkbox"/> Itchy skin			
<input type="checkbox"/> Rash			

These strategies or actions help me when...

List things that help you in these situations, such as events, activities, vacation or connecting with others

I need a good laugh:

I need to relieve stress on my own:

I need to reenergize my connection with others and/or my spirituality:

I am not able to sleep:

I find myself thinking negatively and need to refocus

Who do I talk to or reach to when I am...

List names and phone numbers of "your people"

Frustrated with my lack of weight loss:

Tempted to stray from my eating plan:

Not motivated to work out:

Feeling discouraged, nervous or lonely:

Some things that motivate me are:

List things that keep you focused on your weight loss goals daily, weekly, monthly and yearly

In the future I look forward to accomplishing:

List goals, such as a 5K, hiking the Grand Canyon, etc.

I am grateful for:

Remember, gratitude improves resiliency