



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 that 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.

How do I know when I'm stressed out?

Physical signs (e.g. change in energy level, muscle tension, etc.):

Emotional signs (e.g. negative thoughts, feeling overwhelmed or anxious, easily agitated, etc.):

Social or behavioral signs (e.g. withdrawing from friends or family, lashing out in anger, increased alcohol, drug or tobacco use, etc.):

These strategies or actions help me when...

I need a good laugh:

I need to relieve stress on my own:

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

I am not able to sleep:



I find myself thinking negatively and need to refocus:

I find myself wanting to eat due to stress:

Who do I talk to or reach out to when I am... *(list names and phone numbers)*

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)*

One thing I look forward to accomplishing in the future is: