

Stress Reset Plan

A practical worksheet for noticing what is loading your system and deciding what can be reduced, delayed, delegated or supported.

Step 1: Name the load

What are the three biggest things taking up mental or emotional space right now?

Which of these is urgent, and which merely feels urgent?

Step 2: Notice your signals

- Sleep changes or difficulty switching off
- Irritability or reduced patience
- Tension, headaches or feeling physically “on edge”
- Difficulty concentrating or making decisions
- Withdrawing, avoiding or procrastinating
- Feeling that even small tasks are too much

Which signals have I noticed recently?

Step 3: Reduce the load

For each stressor, choose one response: **Do**, **Delay**, **Delegate**, **Discuss**, or **Drop**.

What is one thing I can finish or move forward today?

What can wait without causing real harm?

What could someone else help with?

What expectation can I lower or let go of?

Step 4: Add recovery

Recovery does not need to be dramatic. Choose something that genuinely reduces demand rather than another task to perform well.

- Ten quiet minutes without input
- A short walk or change of environment
- Food and water if you have skipped either
- A conversation with someone safe
- An earlier finish or clearer stopping point
- A simple evening with fewer decisions

Step 5: Protect tomorrow

What boundary would make tomorrow slightly easier?

What am I willing to say no to, postpone or simplify?

What one thing would make me feel more supported?

Your goal is not to remove every source of stress. It is to reduce unnecessary load, recover where you can, and notice when you need more support.

Important: This resource provides general wellbeing and self-development information. It is not medical advice, diagnosis or treatment, and it is not a substitute for professional or emergency support. If you are concerned about your mental or physical health, contact an appropriately qualified healthcare professional.