

Action Plan: Stressors, Solutions, Resources

Life and school can be tough! Students can face stressors and challenges that interfere with their ability to succeed. It's important to remember that stress becomes problematic when the demands on us exceed our resources and/or abilities. Use the following table to identify (potential) areas of stress for you, solutions, and resources you will use to enjoy your experience at the U and continue your successful journey!

Area of Life	Stressor(s) <i>Potential or Existing</i>	My Solution(s) <i>What will I do when this stressor presents itself?</i>	Resource(s) to Address This Stressor <i>Where/who can I turn to?</i>
Social/Relationships			
Family			
Finances			
Work			
Spiritual/Religious			
Academic			
Physical Health			
Mental and Emotional Health			
Other:			