


Stress Management Plan

A practical guide for understanding stress and building your personal toolkit for success and wellbeing.

STEP 1: KNOW YOUR STRESSORS

Go through the checklist and assess what your current stressors are. This checklist will help you understand your top stress triggers and themes, and how your body and mind may respond to them.

Common stressors	Check all that apply 
Academic pressure	<input type="checkbox"/>
Time management	<input type="checkbox"/>
Basic needs (meals, sleep, housing)	<input type="checkbox"/>
Financial concerns	<input type="checkbox"/>
Personal health	<input type="checkbox"/>
Job(s)/rotations/internships	<input type="checkbox"/>
Relationships	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>

What does stress look and feel like for you?

Take a moment to write down as they relate to stress:

- What thoughts come up?
- What emotions do you feel?
- What physical sensations show up?

Use a journal or your notes app in your phone to help you track these. When you notice a stressor, take note of it.

STEP 2: KNOW YOUR REACTIONS

Tracking your responses to stressors makes space for you to become more self-aware, check-in with yourself, practice self-compassion, and identify triggers before they become overwhelming.

Think about your reactions during high-stress times. Do you tend to self-isolate? Behave more irritable? Write down what you notice, below:

Type of response	My reactions and responses
Physical (e.g. headaches, tension, fatigue)	
Emotional (e.g. frustration, anxiety, sadness)	
Behavioral (e.g. procrastinating, overeating, outbursts)	
Cognitive (e.g. catastrophizing, negative self-talk)	

Highlight the patterns that are most common for you.

STEP 3: BUILD YOUR PERSONALIZED COPING TOOLBOX

Discovering new coping strategies can help you manage stress, anxiety, and other difficult emotions. By developing a broader range of coping tools, you can adapt better to challenges and build resiliency.

Try at least one new strategy from each coping lens this week to see what helps you most.

Stress lens	Tool examples	What you'll try this week
Body-based	Box breathing, stretching, sleep hygiene	
Mind-based	Cognitive reframing, bullet journaling, yoga	
Emotional	Naming emotions, gratitude practice, connection with friends	
Environmental	Light therapy, noise-canceling apps, decluttering workspace	

HSC students typically enjoy going for runs, chatting with friends, or reading books to decompress at the end of the day.

STEP 4: REWIRE YOUR RESPONSE

Rewiring your brain's response to stressors is crucial for improving your overall well-being, reducing the harmful effects of chronic stress, and enhancing your ability to cope with life's challenges.

Use the guide below to get started on creating a simple "If/Then" plan to replace stress habits with tools that actually work for you. Begin by coming up with three tools you can use.

When I feel...	I will...	Why this works
Ex: Overwhelmed	Use 4-4-4 (box) breathing for 3 minutes	It slows my heart rate and recenters me

HSC Insight: 38% of HSC students cited procrastination as a top reason their academics suffer, and 41.5% reported loneliness. Catching these early with tiny habits builds powerful momentum.

STEP 5: REFLECT AND GROW

Checking in with yourself is crucial for maintaining your mental and emotional wellbeing. It helps you recognize stress, trauma, or burnout early on, enabling timely intervention and support.

Try taking two minutes each week to check in on what helped you that week, what didn't, and what you want to keep practicing.

Ask yourself:	Your responses:
What new strategies did I try?	
What helped more than I expected?	
What's one tool I want to keep using?	
What do I need more support with?	

Tip: Keep a weekly check-in journal or set a phone reminder to reflect every Friday for 2 minutes.

Campus resources at HSC



Care Team

Care Team serves as a nonclinical student support team. They provide a caring and confidential program for identifying, intervening, and responding to the wellbeing needs of HSC students.

CARE TEAM
WEBPAGE



Student Emergency Fund

The Student Emergency Fund provides emergency financial assistance to enrolled HSC students who are having temporary financial hardships due to unforeseen or uncontrollable circumstances.

SEF
WEBPAGE



HSC Food Pantry

In an effort to increase student wellbeing and success, the Student Assistant Resource Center has established two food pantries on campus to assist HSC students impacted by food insecurity. These pantries are located on the first floor of the Student Service Center and the fourth floor of the Library

FOOD PANTRY
WEBPAGE



Center for Academic Performance

CAP offers services designed to enhance all levels of academic performance through academic consultations, learning assessments, and self-management.

CAP
WEBPAGE



Additional Student Resources

The Office of Care and Civility has compiled a list of resources to support students' wellbeing and success.

RESOURCES
WEBPAGE



HSC OCC YOUTUBE

The Office of Care and Civility and Be|Well have on-demand videos serving to enhance different areas of student wellbeing, from campus safety to balancing your schedule.

YOUTUBE
WEBPAGE



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