



FaithWorks Counseling

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My Stress & Wellness Plan

Why I'm Here:

I want to feel less stressed, manage my worries, and enjoy life more. Sometimes bills, responsibilities, and daily pressures feel overwhelming. I know I have supportive friends, optimism, and inner strength — and I want to build on these.

My Big Goal

To feel calmer, more confident, and less weighed down by stress and negative thoughts.

My Mini Goals

1. Understand My Stress

- Notice what stresses me out most.
- Remember my strengths and what helps me cope.

2. Practice Calm Skills

- Try deep breathing, grounding, or mindfulness at least 3 times a week.
- Keep track of what works best for me.

3. Challenge Negative Thoughts

- Write down stressful or negative thoughts.
- Replace them with kinder, more balanced thoughts.
- Example: *"I'll never get ahead"* → *"I'm taking one step at a time, and progress is still progress."*

4. Take Care of Myself

- Do one enjoyable or relaxing activity each week (like walking, journaling, or time with friends).
- Try a nightly wind-down routine to help me rest better.

5. Stay Connected

- Spend time with supportive friends or community at least once a week.
- Share how I'm doing and let others support me.

Tools I Can Use

- Grounding skills (focus on the present moment).
- Relaxation exercises (breathing, muscle relaxation).
- Thought record (write down stressful thoughts and reframe them).
- Coping statements (positive reminders, like *"I can only do my best today"*).

Encouragement

I am learning to focus on what I can control and let go of what I can't. Every small step I take toward calm and balance matters.