

30 Day Stress Resilience Growth Plan

**“I will spend _____ minutes each week on _____ (day of the week)
at _____ (time) to develop my *Stress Resilience Growth Plan*”**

The Practice	Definition	Tool	Steps:
 Cease and Breathe	Pause and breathe to calm your nervous system.	STOPP method: Stop, Take a breath, Observe, Pray, Proceed.	<ol style="list-style-type: none"> 1. Review the practices weekly. 2. Re-read the related chapter(s) weekly. 3. Try 2-3 new tools weekly for 30 days. 4. Record your insights/experience. 5. Determine the practice(s) most helpful and build those into your routine. Insight/next step:
 Reveal How You Feel	Acknowledge and name your emotions.	Notice, Name, & Distance.	Insight/next step:
 Broaden and Build	Cultivate joyful experiences to increase positive emotions.	"Pleasure Piggy Bank" of positive experiences.	Insight/next step:
 Audit Your Thoughts	Reframe negative thoughts.	START: Stop, Take a breath, Audit, Reappraise, Transition attention	Insight/next step:
 Soak Your Soul	Nurture your soul through spiritual practices.	CASI: Collaboration, Awe, Sabbath, Identity.	Insight/next step:
 Cultivate Certainty	Boost your tolerance to uncertainty.	Surrendering prayer.	Insight/next step:
 Grow Gratitude	Focus on what you're grateful for to shift perspective.	“Three Good Things” daily.	Insight/next step:
 Safeguard Safety	Build and protect supportive, safe relationships.	HEART relationships: Happy, Empathetic, Aware, Realistic, Trustworthy.	Insight/next step:
 Sleep Smart	Prioritize healthy sleep.	Four-Stage Sleep Box: sleep hygiene, sleep clock, sleep drive, sleep arousal.	Insight/next step:

Use this page as extra space to record your insights and experiences.