Assessing your Anxiety and Stress Level

The fear of recurrence can cause high levels of anxiety and stress. Evaluate the ways you can recognize and create a plan to reduce these stress and anxiety in your life.

Answer the following prompts to process and manage your stress and anxiety.

**Prompts**

- What brings you fulfillment, happiness, and joy?
- If I could make one promise to myself, what would it be?
- What activities can I do to soothe my anxiety and stress?
- What things bring me stress or anxiety?
- What questions can I ask my doctor?
- What am I carrying that isn't mine? What am I ready to let go of?
- Imagine sitting down with your anxiety, almost as if it were a person. What does it look like? Sound like? Feel like? Where is it from? What does it want? What is it afraid of? What does it need to be able to relax?
- When you’re feeling calm, write a letter to your anxious self. What do you want her to know? What should she remember? How can you help her find peace?
- Do a brain dump. What is on your mind right now? Get it out on paper.
- How are you feeling right now? I mean REALLY. How are you feeling? Don't hold back. Let it out here.
- What words, quotes, statements make you feel empowered? Poss them around you office, home, car, etc.
Create an Action Plan to address your stress and anxiety by using SMART Goals. SMART Goals help us create a clear plan to ensure your progress & success towards your desired goals.

Set some of your own goals below!

<table>
<thead>
<tr>
<th>Action Plan</th>
</tr>
</thead>
</table>
| **SPECIFIC** | - WHAT DO I WANT TO ACCOMPLISH?  
- WHY DO I WANT TO ACHIEVE THIS GOAL?  
- WHAT ARE THE REQUIREMENTS?  
- ARE THERE ANY CONSTRAINTS THAT COULD BLOCK ME FROM ACHIEVING THIS GOAL? |
| **MEASURABLE** | - HOW WILL I MEASURE MY PROGRESS?  
- ARE THERE TARGETS THROUGHOUT?  
- AT WHAT POINT WILL I KNOW THE GOAL HAS BEEN ACHIEVED? |
| **ACHIEVABLE** | - HOW CAN THE GOAL BE REACHED?  
- WHAT ARE THE STEPS THAT I SHOULD TAKE TO ACHIEVE THESE GOALS  
- IS THIS GOAL ACHIEVABLE OR DO I NEED TO ADAPT IT TO MY CIRCUMSTANCES? |
| **RELEVANT** | - IS THIS A WORTHWHILE GOAL?  
- IS THIS THE RIGHT TIME?  
- DO I HAVE NECESSARY RESOURCES TO ACCOMPLISH THIS GOAL?  
- IS THIS GOAL IN LINE WITH MY LONG TERM OBJECTIVES? |
| **TIME-BOUND** | - HOW LONG WILL IT TAKE ME TO ACCOMPLISH THIS GOAL?  
- WHEN IS THE COMPLETION OF THIS GOAL DUE?  
- WHEN AM I GOING TO WORK ON THIS GOAL? |