



Stress Management Campaign

WEEK TWO

Resilience Reset

Welcome to week two of the Stress Management Campaign!

Included in this packet are all the resources you need for your second week.



STRESS MANAGEMENT CAMPAIGN

Week Two Overview

Resilience Reset

Remember to track each completed activity on your campaign tracking sheet!

Watch 'Break the Cycle & Build Resilience'

Watch Now



Complete 'Identifying Personal Avoidance Behaviors'

Pages 3-6

Identify avoidance behaviors and create an action plan.

Complete 'Automatic Thoughts'

Pages 7

Identify negative automatic thoughts and replace them with new rational thoughts.



Break the Cycle & Build Resilience

Identifying Personal Avoidance Behaviors & Create an "Approach Plan"

Step 1: Identify a Recent Stressor

Think of a situation in the past week where you avoided dealing with something stressful. Briefly describe it below:

Step 2: Recognize the Cycle of Avoidance

Automatic Thought

What was the first thought that came to mind when faced with this situation?

e.g., "I can't handle this"

Avoidance Behavior

What did you do instead of addressing it?

e.g., procrastinated, distracted yourself, ignored it

Short-Term Relief

How did avoiding the situation make you feel in the moment?

e.g., temporary relief, less anxious

Long-Term Cost

What was the consequence of avoiding it? Did the stressor persist or get worse?

e.g., unresolved issue, increased anxiety, more stress

Step 3: Creating an Approach Plan

Reframing the Thought

What is a more balanced or productive way to think about this situation?

e.g., "Avoiding this won't make it better - I can take small steps to address it"

Step 4: Taking Action

Action Plan

What is one step you can take to face this situation instead of avoiding it?

e.g., having a conversation, setting a deadline, asking for help

Potential Outcome

If you take this action, what positive change might happen?
e.g., reduced stress, problem resolved, increased confidence



Bonus Tip

Keep a journal of your progress and reflect on what strategies work best for you!



GBS Behavioral Health

Automatic Thoughts

Our thoughts control how we feel about ourselves and the world around us. Positive thoughts lead to us feeling good and negative thoughts can put us down. Sometimes our thoughts happen so quickly that we fail to notice them, but they can still affect our mood. These are called *automatic thoughts*.

Oftentimes, our automatic thoughts are negative and irrational. Identifying these negative automatic thoughts and replacing them with new rational thoughts can improve our mood.

Trigger	Automatic Thought	New Thought
I made a mistake at work.	"I'm probably going to be fired. I always mess up. This is it. I'm no good at this job."	"I messed up, but mistakes happen. I'm going to work through this, like I always do."



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