

Table 8.1: Stress management plan

Stressor 1	This week's goal	Techniques	Review progress
		1. Identify and challenge stressful automatic thoughts (SATs)	
		2.	
Stressor 2	This week's goal	Techniques	Review progress
		1. Identify and challenge stressful automatic thoughts (SATs)	
		2.	
Stressor 3	This week's goal	Techniques	Review progress
		1. Identify and challenge stressful automatic thoughts (SATs)	
		2.	