

# Finding Balance


Week 3: Making an action plan



## How you respond to stress is up to you

Last week, we started looking at specific stressful events and examining how you react to them. This week, you'll take a closer look at how you cope to see if there's anything you'd like to do differently.

It can be as simple as trading a negative action for a positive one – like [deep breathing](#) instead of overeating. Small changes like that can make a big difference in how you feel. So try setting a goal this week, and make an action plan to achieve it.

 **Open your stress management workbook and start the week 3 activity.**



**Your guide to a less stressed life**

Find out how stress affects you – and what you can do about it – in the [Finding Balance stress management guide](#).