

**A14: My personal maintenance plan**

List of potential stressors	What I can do to manage this stress	How often I need to do them
Example: Returning to work will increase my stress.	I can make sure that I delegate more housework at home.  I will make sure I walk the dog, as it is relaxing.  I will have coffee with Joan.	Daily: Will make up a chart in consultation with the family  Daily:  Weekly: