

Personal Action Plan

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When we are experiencing difficult and painful levels of stress, Cognitive Behaviour Therapy suggests that we can help ourselves and improve the situation if we focus on 5 areas:

- our thinking
- our behaviour
- our environment
- our emotions
- our physical body

Small improvements in any or all of these areas can lead to noticeable reductions in our stress levels.

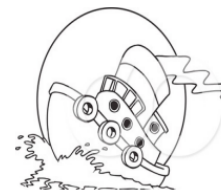
The following is your simple plan to deal with difficult times

Internal Stressors	External Stressors
Internal Response	External Response

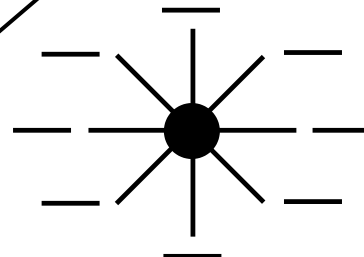
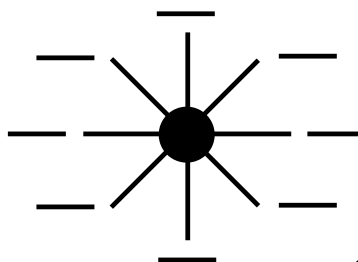
Is that helping? Yes _____ No _____

What would you tell a friend? _____

*If you're feeling all at sea,
you need to drop anchor*



Anchors - What's right



Weights - What's wrong

External Stress:

- Remove it
- Adjust to it
- Manage it

Work-life balance

Sample Wheel of Life

Where 2 is too little
and 10 is enough



On-duty EAO available at 0818 008120

Monday - Thursday: 9am - 5.15pm

Friday: 9am - 5pm

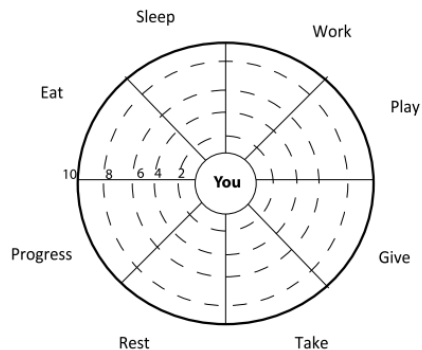
**Appointments are available evening
and weekends if required**

Email: cseaseper.gov.ie

www.cseas.per.gov.ie

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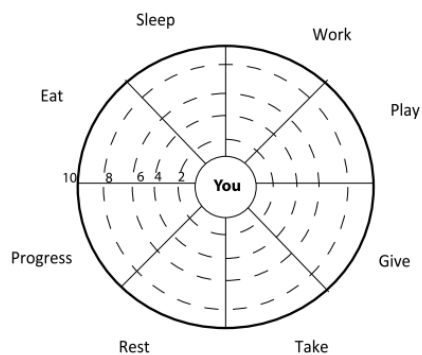


What worked before? _____

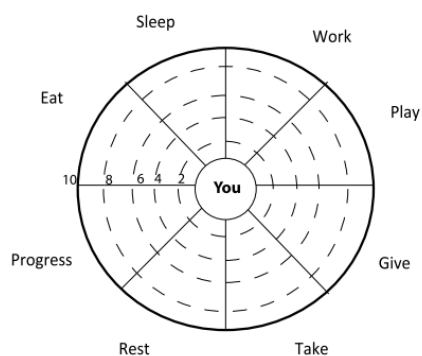
If things were better, how would you know?

Progress

Consider regular self-assessment.



Date: _____



Date: _____

Tips to cope / What's next?

*I will take responsibility for the changes or
find the help I need.*

Resource: _____

Tel. No.: _____

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