# Handout 4-B: My Recovery Plan

*Session 2 · about 30 minutes*

Recovery is part of the system. This handout pairs two strategies (ideally one for the body and one for the mind) with the moment you'll use each, and gives you a stress reframe you've already rehearsed. Try each strategy once, notice what it does, and keep what helps.

| Question | Strategy 1 | Strategy 2 |
|---|---|---|
| **What I'll do** | … | … |
| **Trigger (if I notice…)** | … | … |
| **How long it takes** | … | … |
| **What I noticed when I tried it** | … | … |

**Stress reframe** (from your Reframe Card, Handout 1-B): Original: "…" → Growth version: "…"

## Notes

- **Be realistic.** If a strategy doesn't help the first time, try it again once or swap it.
- **When strategies aren't enough.** If stress, low mood, or anxiety is getting in the way of daily life, reach out to a counselor or doctor. That is a sign of good self-regulation, not weakness. The Get Help page on the site lists places to start.

## Options

Written, a voice memo, or a card kept in your planner.

## Worked example

| Question | Strategy 1 | Strategy 2 |
|---|---|---|
| **What I'll do** | A 10-minute walk outside | A 5-minute self-compassion break |
| **Trigger (if I notice…)** | If I've read the same paragraph twice without taking it in | If I get a grade lower than I hoped |
| **How long it takes** | 10 minutes | 5 minutes |
| **What I noticed when I tried it** | I felt calmer and went back to the page more focused. | It felt awkward at first, but it stopped me from spiraling. |

**Stress reframe:** Original: "I can't handle this." → Growth version: "I can't handle all of this at once yet. The first step is to write down the three due dates, and I'll ask my sister to check in on Thursday."