

## Stress:

Identify it | Reflect upon it | Act on it!



When you can identify clearly what is happening you will be in a much better space and place (mentally, physically and emotionally) to find and create strategies to deal with what is happening.

*Imagine picking a solution out of a lucky dip without knowing what the problem / issue / challenge is in the first place! Not really the best use of your time and energy to deal with what is happening in your life.*

## Identify It!

The current stress I am experiencing is: \_\_\_\_\_

---

---

---

## Reflect Upon It:

I'd give this stress a score of:

1	2	3	4	5	6	7	8	9	10
I'm Teflon coated at the moment; that stuff's goin' to slide right off!	It's like a mosquito bite: itchy at first and then I forget it's there.	I know it's there but I can get on with my work and focus on other things.	It's like a headache, it's painful but 20 minutes after an aspirin / paracetamol (aka: a distraction) I'm okay again.	When I think about the stressor, sometimes I think it'll go away soon enough and other times I feel like I can't shake it off.	I feel myself getting annoyed at things that don't normally annoy me. I have come close to snapping at people when I would not normally do that.	I'm avoiding some tasks only to avoid thinking about the stressor.	I hit my alarm's snooze button 5 times this morning! And every morning this past week!	I'm forgetting things and can't concentrate.  My sleep is disrupted.  I'm snapping at people!	All joking aside.  I need help.

I have felt this stress for \_\_\_\_\_ (days, weeks, months, years?)

How will I feel when this is eliminated, reduced or contained: \_\_\_\_\_

\_\_\_\_\_

## Act On It:

It starts with me: (Circle the most appropriate first action):

Shift my mindset / attitude

Change my method

Stop doing it

Delegate / Outsource it

Hire someone to help me deal with it

Hire someone to do the task that is stressing me out

My next action steps:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Who can help me: (asking for help is sign of leadership: by asking for help you allow others to step up, to take initiative, to demonstrate their skills).

\_\_\_\_\_

Who needs to know about my actions: (Communicating your actions and reasons to your team, family or friends can help you 1) stay accountable to really dealing with the stress; 2) get support / buy-in; and 3) get some relief / space to on your actions without extra demands on your time, energy and focus.)

\_\_\_\_\_

\_\_\_\_\_