

MANAGING STRESS PROBLEM BASED APPROACH



In what ways could I reduce the level of demand

Tasks I could drop or spend less time on

Tasks I could schedule to complete within time limits

Mundane tasks/chores I could delegate or drop

Personal/domestic responsibilities/chores I can drop or spend less time on

In what ways could I increase my resources

Times I could block off with no distractions

How I will look after myself physically

How I will prioritise down time for my mental wellbeing

Personal/domestic support I can ask for time

When will I next complete a review *N.B. Schedule in your diary.*