

MANAGING STRESS

Use this whenever you are feeling overwhelmed with stress.



What is currently causing my stress? (If many things, address side-by-side.)

What can I change about the situation?
i.e. can I reduce the demands on me or increase my resources?

If 'yes', how will I do that?

If not, then what is my 'fear'? i.e. what do I worry about happening if I can't meet the demand?

How likely is it to come true, has it come true before, how many times has it not come true?

Does worrying about it help me meet the demand(s)?

What will I do if it does come true - details? Talk it through with someone else if I'm not sure.

Bearing all of that in mind, what do I need to remind myself when I feel overly stressed?

Practise this statement regularly to make a new positive habit