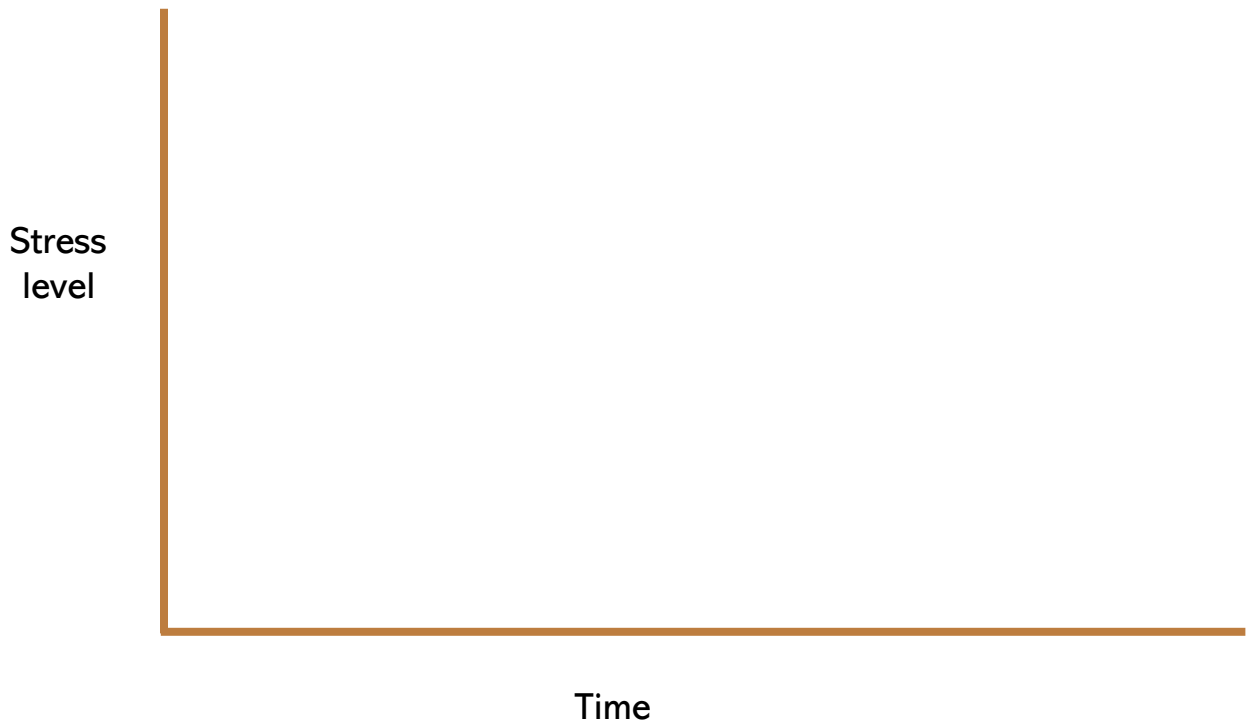
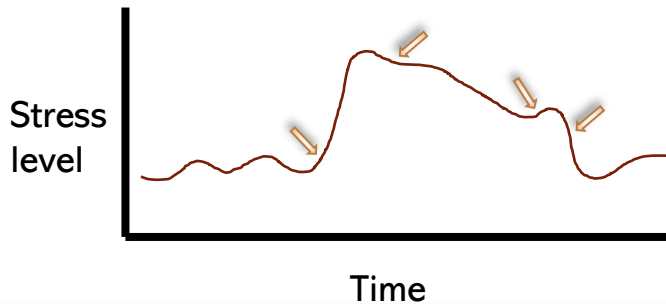


Stress Tracking

Use this space to chart yesterday's stress levels. Start with morning and continue to bedtime. Make note of what increased and decreased your stress. Refer to the example at the bottom.



Example



Stress Triggers

Use this table to record the situations in which you get triggered, specifically what triggers you and your default behavior. Then, think about a more productive way to handle those stressful situations.

Situation or relationship	Trigger	Default behavior	More productive behavior
<i>EX: Meetings</i>	<i>Not being asked for input or my opinion</i>	<i>Clam up; shut down</i>	<i>Politely request my voice be heard</i>

Action Plan

Review your stress triggers and chart. What can you do to more effectively handle stress?

I will START...

I will STOP...

I will CONTINUE...