

My 5-Step Strategy Against Stress

1. List of all stressors in my life right now:

2. My Primary Stress Is:

3. How is my primary stress affecting my life? What am I unable to do now because of this stress? How does this stress make me feel?

4. What would my life be like if I did not have this primary stress? What would I be doing then? How would I be feeling?

5. Action Plan – List a few action items that you need to put into practise in order to handle the stress and to manage yourself better:

FINALLY BE CONSISTENT WITH YOUR PLAN AND TAKE ACTION!!!