Worksheet #2 – Finesse Your Stress

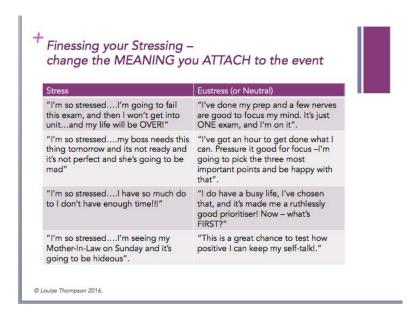
Watched the Tutorial? Good! Now, grab your Worksheet #1 and use those answers to fill in the below - and finesse your stress!

Remember – an event is only as stressful as the meaning you attach to it.

Current Stressor	(Dis) Stress Meaning I am	Eustress (or Neutral
	attaching:	meaning I can attach
		instead:
I'm so stressed I		

ABOVE TABLE – NEEDS LOTS OF SPACE IN EACH LINE FOR THEM TO WRITE STUFF! IN FACT THIS WHOLE WORKSHEET MIHGHT WORK BEST LANDSCAPE???

Examples: you could pull this out into one table? Whatever looks pretty.



+ Finessing your Stressing – change the MEANING you ATTACH to the event

Stress	Eustress (or Neutral)
"I'm so stressedI've got so much	"No email – no job! This shows I'm in
email I am just in meltdown territory –	demand and needed. I'm going to craft
its endless!!"	shorter replies. ".
"I'm so stressedthe kids are doing my head in!"	"Of course they are. That's what kids do. They are however the greatest source of Eustress in my life ©"
"I'm so stressedwhy do I have to	"No mealserno family! It's a
cook dinner every night! No-one cares	positive, and I'm going to choose to
and no-one helps"	ask for more help/get MyFoodbag"
"I'm so stressedthis committee has	"I'm going to make an Empowered
been stressful ongoing and I dread it	Choice here and get someone to take
every week".	my place. I'm out."

C Louise Thompson 2016.