

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 attaching:	Eustress (or Neutral meaning I can attach instead:
I'm so stressed I....		
I'm so stressed I....		
I'm so stressed I....		
I'm so stressed I....		
I'm so stressed I....		
I'm so stressed I....		
I'm so stressed I....		

ABOVE TABLE – NEEDS LOTS OF SPACE IN EACH LINE FOR THEM TO WRITE STUFF! IN FACT THIS WHOLE WORKSHEET MIGHT 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 stressed....I'm going to fail this exam, and then I won't get into uni...and my life will be OVER!"	"I've done my prep and a few nerves are good to focus my mind. It's just ONE exam, and I'm on it".
"I'm so stressed....my boss needs this thing tomorrow and its not ready and it's not perfect and she's going to be mad"	"I've got an hour to get done what I can. Pressure it good for focus –I'm going to pick the three most important points and be happy with that".
"I'm so stressed....I have so much do to I don't have enough time!!!"	"I do have a busy life, I've chosen that, and it's made me a ruthlessly good prioritiser! Now – what's FIRST?"
"I'm so stressed....I'm seeing my Mother-In-Law on Sunday and it's going to be hideous".	"This is a great chance to test how positive I can keep my self-talk."

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

Stress	Eustress (or Neutral)
"I'm so stressed...I've got so much email I am just in meltdown territory – its endless!"	"No email – no job! This shows I'm in demand and needed. I'm going to craft shorter replies. "
"I'm so stressed...the 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 stressed....why do I have to cook dinner every night! No-one cares and no-one helps"	"No meals...er...no family! It's a positive, and I'm going to choose to ask for more help/get MyFoodbag"
"I'm so stressed...this committee has been stressful ongoing and I dread it every week".	"I'm going to make an Empowered Choice here and get someone to take my place. I'm out."