**~ Finesse Your Stress ~ Worksheet 2 - February 2016**

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… |  |  |
| I’m so stressed I… |  |  |
| I’m so stressed I… |  |  |
| I’m so stressed I… |  |  |
| I’m so stressed I… |  |  |

*Outro message from Louise before her signature.*

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