



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Finesse Your Stress ~ Worksheet 2 - February 2016

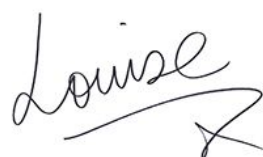
Watched the Tutorial? Good! Now, grab your Worksheet #1 and use those answers to fill in the below - and finesse your stress!

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...		
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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.

A handwritten signature in cursive script that reads "Louise". The signature is written in black ink and includes a decorative flourish at the end of the word.