

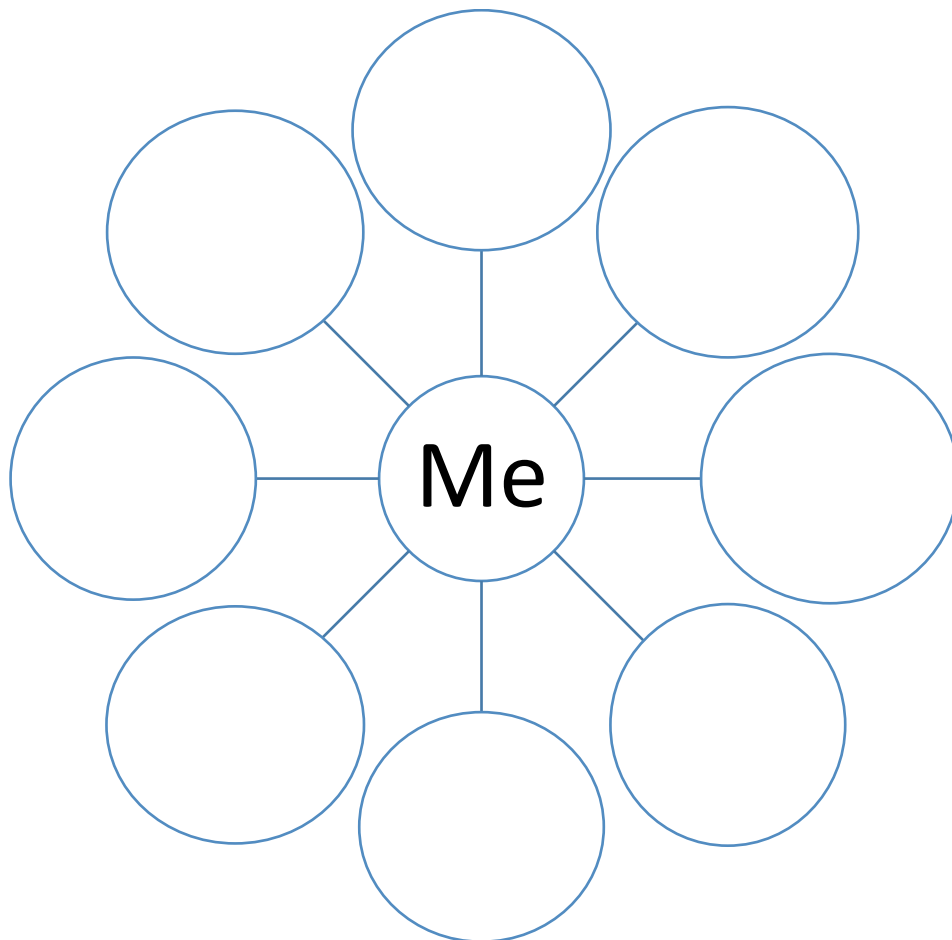


BUILDING RESILIENCE

Work Sheet 5

Handling stress is a key element of resilience, but when we are facing many pressures and demands, it's easy to start feeling overwhelmed. Overwhelm can make it difficult for us to make decisions, or to problem-solve effectively. Try this stress mapping exercise to help you rate your stressors so that you know which ones you should address first.

All you need to do is write down all of the different things that are causing you stress in the diagram below (draw on more shapes if you need to!). Then, rate each stressor out of 10, where 1 is not very stressful, and 10 is extremely stressful. This will help you to identify which factors are causing you the most stress.



Then, choose stressor that you rated highest, and have a go at problem-solving. Write down all of the possible solutions to your problem – as many as you can think of – and evaluate the strengths and weaknesses of each potential solution. Remember to address one stressor at a time: slow and steady wins the race when it comes to problem-solving!

Solution	Strengths	Weaknesses

Now, choose which solution you think will be most effective and make a plan to carry it out. Then ask yourself:

- Is the plan realistic and clear, and something you can tackle over the next few weeks? (If not, you may need to break the plan down into smaller, more achievable steps)
- Is the plan something you can definitely face doing?
- Is it big enough to move you forwards?

Once you have carried out your solution, ask yourself: Was it effective? Would you use it again? Might another solution have worked better? What can you learn from this exercise?

Another useful way of dealing with stress is to consider which stressors are within your control (i.e. you can do something about), and which ones are outside of your control (i.e. you cannot do anything about).

In the image below, write down the worries that are within your control inside the head, and the ones you cannot control outside the head shape.



Having a visual of the things we cannot control can really help us to accept, and then let go of, those types of stressors.

Tip: If you would like to look at how to manage stress in more detail, why not try my [Stress SOS](#) course?