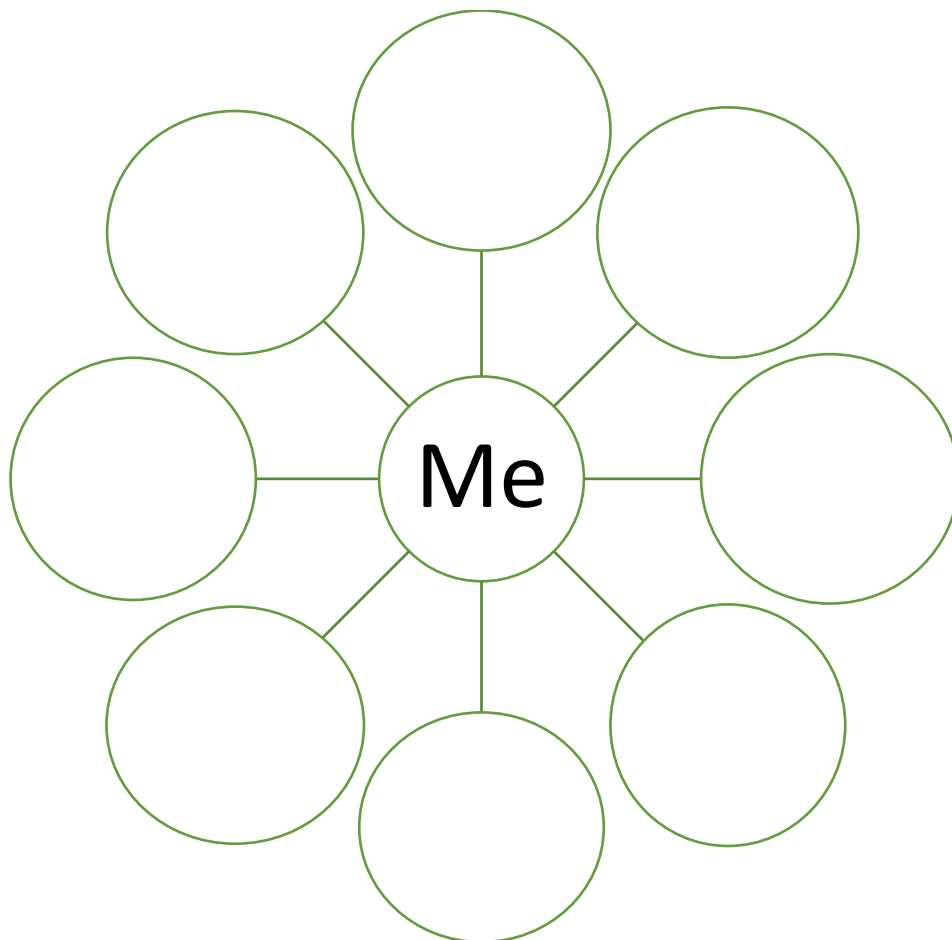




STRESS MAPPING

When we are under stress and 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.



Finally, choose the 2 or 3 stressors that you rated highest, and start writing down some ideas of how you will start addressing them. Once you have begun to do this, you can work your way through the various stressors. Remember not to try and address too many at once: slow and steady wins the race when it comes to stress!

Stressor	Strategy