



Handling Stress

When we're stressed – we tend to think it 'comes out of nowhere' when in fact, it is often caused by a series of events building up. If it's not managed, it can have a snowball effect on other areas of our life.

It is important to note that it is **NORMAL** for stress to occur & that it **CAN** be managed. When you are feeling stressed about a certain situation – take some time to sit **alone** & in **quiet** – and follow this skeleton model to understand the stress better & start to formulate a plan. Write out your answers and plan.

CAUSE

What is the cause of the stress? Who is involved? When did you start to feel this way?
Are there any other causes that you haven't considered?

EFFECT

What kind of effect is this having on you? What are the emotions you are feeling?
Who else is being affected negatively by this? How damaging is the impact – can it be repaired?

WHO CAN?

Who **CAN** help you in this situation? And how can they help? Would they mind helping, if you asked?

WHO CAN'T?

Who **CAN'T** help you in this situation? And how can you communicate this to them to avoid anger/hurt?

ACTION

- 1) Identify one action (small) that will start to alleviate the problem immediately
- 2) Identify one action that helps take your mind off the problem – a positive distraction – and do that

RESOLUTION

What is your ultimate aim? What is the Best-case scenario for you?
If you could achieve it without hurting anyone's feelings – what would you do to solve this problem?

Now act on your intuition. Put into place the things you need to reduce the stress

