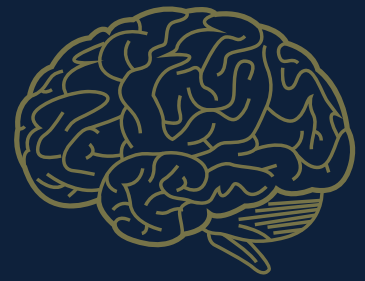


The Brain Learning Center

Turning tools into action



Novelty, Unpredictability, Threat to ego, and low Sense of control (**NUTS**) are ingredients in the recipe for heightened stress. When stress increases *past a certain point*, our cognitive bandwidth decreases, reducing our ability to cope effectively.

Use this worksheet to develop self-awareness and strategies for when things get a little NUTS

Stress-increasing factor

Stress-reducing action

N:



U:

T:

S:

Source: www.humanstress.ca

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Personalized programs and consultation services also available for businesses, athletes, teams, and individuals