

Activity One

Stress can be accumulative, so it might be helpful to know how you respond to the different temperatures of stress.



1	Niggling	
2	Sometimes	
3	Constantly	
4	About to explode	

Activity Two

Management Plan

Stressors:		
Evaluate the events <i>Is the stress good, harmful, threatening or just irrelevant? Is being stressed worth it? What might I have to lose?</i>	Evaluate resources <i>Can I do what is being asked of me? Is there too much on my plate? What do I need in order to meet the challenge?</i>	Plan of action <i>How will I look after myself? How will I decrease the demands? How will I increase my resources?</i>