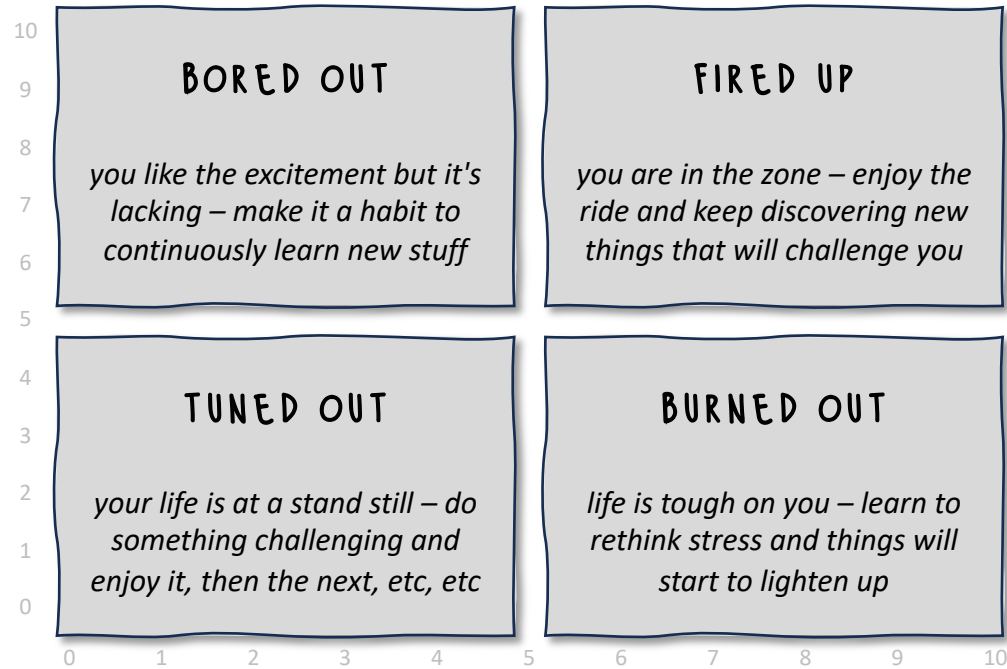


STRESS RETHINKING TOOL

question 1:
how do you
perceive stress
and how does it
make you feel?

0 = stress is an energy drainer
and makes me anxious;
10 = stress gets me ready for
whatever is to come and gets
me excited



question 2:
how would you rate the level of stress you experience?

0 = none at all; 10 = very much

how this tool works

step 1

reflect on question 1 and
score yourself from 0 to 10

step 2

reflect on question 2 and
score yourself from 0 to 10

step 3

plot your score in the matrix
and discover what you can do
to improve your situation



read the article
to learn more
about the topic