

DON'T IGNORE IT – CHART IT! CHART YOUR STRESSORS



Event	Date	Stress Signal	Action

Tips:

Stress signals are your reaction to a stressful event.

- **Examples:** over-eating or lack of appetite, inability to concentrate, difficulty sleeping, fatigue, irritability, depression, high blood pressure, indigestion, headaches, muscle tension, excessive family conflict, etc.

Action is what you can do.

- **Is it an event that you can control? If so, how? Examples:** say No, exercise regularly, plan, prioritize, reward yourself, share thoughts – “one-minute whine”, improve communications, etc.
- **If you cannot control it, how can you manage it? Visualize results, have a back-up plan, put things in perspective, relaxation techniques (deep breathing, mind-find your peaceful place, relax muscles, get a massage, listen to favorite music), seek help from a friend or professional.**