

STRESS!

Do you recognize the signs?


Break your response to stress

You have probably already mapped out your top 5 reactions to stressful situations by sorting the coaching cards: Stress! Do you recognize the signals?

This exercise focuses on breaking those responses using the steps below.

Step 1

Choose the first card with which you want to work. Write the name of this coaching card down below:

	<p>The reaction I want to break</p>
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Step 2


Reflect on situations where this response took place and answer the questions you find in the table below. If you don't know the answer or the answer is not relevant, skip the question.

<p>In a few words, describe the situation in which your reaction occurred</p>
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What was the trigger that activated your stress reaction?

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Who was involved in this situation?

Can you describe in more detail how you reacted?

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Step 3

In the previous step, you indicated how you reacted. In the column below, we ask you to describe how you would prefer to respond in similar situations.

The way I would prefer to respond


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Step 4

In this step, we ask you to think about what it takes to respond in the way you described in step 3. What tips would you give yourself?

Write the tips down in the table to reread them later. Some questions that might help you formulate the tips:

- What were the benefits of reacting this way in the past?
- What does an alternative way of responding require from your mindset, behavior, and approach?
- What thoughts or beliefs should you drop?
- What would you do less, and what can you do more?
- Can you develop this behavior or mindset yourself, or could you use some help?
- If the answer to the previous question is "yes," who would be the right person to help you?

	Tips for responding differently
	
	
	
	
	

Good luck!