

STRESS ACTION PLAN



You got this. Do you hear me? You GOT this.

When shit hits the fan, it's difficult to think clearly and figure out how to move forward. Have no fear! It's time to pinpoint what steps you can take to make progress, and when. *(Don't you dare throw your hands up and say "I can't do anything about it." Stop. I know you're stressed. But you can always do SOMETHING.)*

WHY

AM I STRESSED?

Too many overlapping project deadlines

WHAT

CAN I DO ABOUT IT?

Tell manager about the situation
See if there's wiggle room for an extension (doesn't hurt to ask)
Ask if anyone else has availability to help take something off my plate
Find another exercise from this book to help prioritize + get started

WHEN

COULD I DO IT?

This afternoon

I DID IT!

I DID IT!

I DID IT!

WHY

AM I STRESSED?

WHAT

CAN I DO ABOUT IT?

WHEN

COULD I DO IT?

I DID IT!

I DID IT!

I DID IT!

I DID IT!