

A woman with her hair in a bun, wearing denim overalls over a black top, is captured in a joyful, expressive pose. She has her arms raised, one pointing upwards and the other slightly out to the side. She is smiling and looking upwards. The background is a textured, mottled blue. Overlaid on the image is a large, light blue geometric graphic consisting of several overlapping triangles. The text 'Stress Grid' is written in a golden-yellow, cursive font across the center of the image, partially overlapping the woman and the geometric graphic.

Stress Grid

WITH TERI HOFFORD



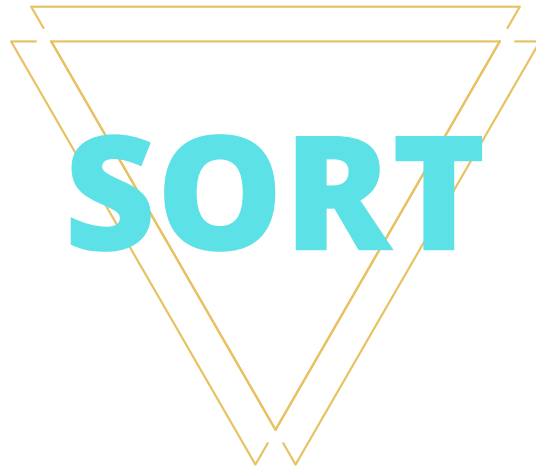
BRAIN DUMP

**What do I have
control over?**

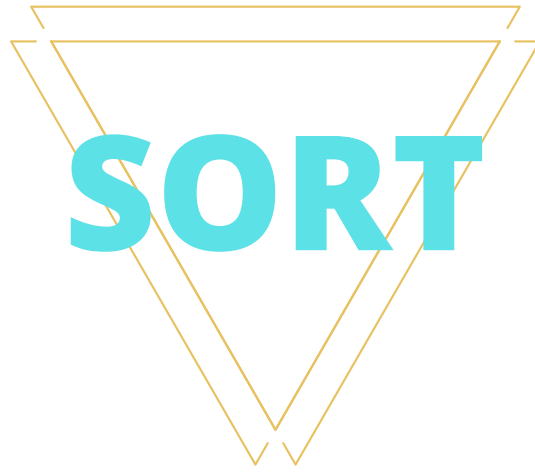


SORT

**What don't I
have control
over?**

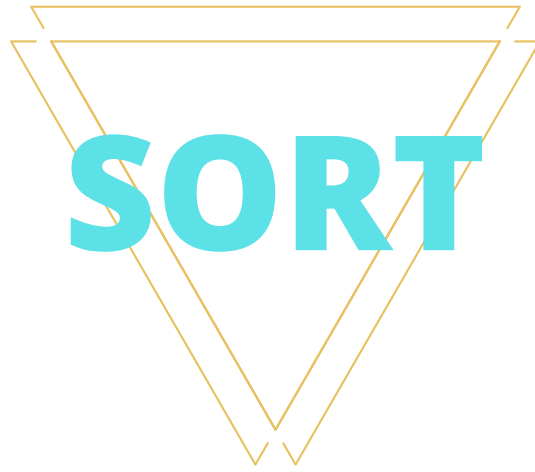


Of the things you CAN control, what are you NOT taking action on?



**Of the things you CAN'T control, what are you TRYING
to take action on?**

[the way other people are reacting -> yelling at them]



On the grid below, continue to sort:

CONTROL + ACTION - These are the things you have control over and action are the steps you can take to control them.

CONTROL + NO ACTION - These are the things you have control over and NO ACTION means you are currently NOT taking action to control these things. This lets you know what other things you can do to calm your stress.

**NO CONTROL + ACTION - These are the things you desperately want to control (like other people) but can't so you end up getting frustrated, this lets you know what you need to move into the NO CONTROL/NO ACTION box in order to Elsa that shit:
LET IT GOOOOO!**

NO CONTROL + NO ACTION - These are the things you cannot control and therefore you understand it is pointless to constantly try to take action against them because you will only end up stressing yourself out more.

SORT

can control

can't control

action

no action



SORT

can control

can't control

action

no action

