



WORKING WITH STRESS

CHANGE YOUR PERSPECTIVE FOR IMPROVED
WELL-BEING AND PERFORMANCE

Feeling work place stress? Most of us do to some degree every day at work or in life. Surprisingly, stress itself is normal and healthy. In fact, some of us seem to thrive under pressure at times and stress can motivate us to take helpful action in our lives.

As much as we have been taught that stress is unhealthy, what's interesting is that *stress itself isn't unhealthy, but our negative perception of it truly can be!* Studies show that how we think about stress and respond to it is directly related to whether we experience negative or positive physical and mental effects from it.

So, how do we take control over how we view and respond to stress? The first steps are awareness and understanding. With the exercise in this workbook, you'll gain knowledge of how you view stress so that you can work through ways to view it differently. Not only can you achieve a healthier, more positive approach to stress, you can also learn to choose your response to stress in real time and use stressful situations to your advantage. A positive stress mindset will help you perform better and improve your mental and physical well-being. Let's get started!

INSTRUCTIONS: This is a practice that involves effort. If you're like me and the thought of adding one more effortful thing to your days and weeks causes you to hesitate, consider this: How many things do we do each day that involve real effort with the opportunity for such big health and performance results in our lives? It's worth the work!

Record the following information in the worksheet provided and check out the example that follows.

- 1** **Event:** *Briefly describe the stressful event.*
- 2** **Thoughts:** *What were you thinking when you first began feeling stressed. Record the thoughts running through your mind.*
- 3** **Feelings:** *Write down the emotions you felt as a result of the stressful event. Note: thoughts are structured ("This is awful.") while emotions are wordless (feeling irritated, excited, nervous, hopeful, happy, etc.).*
- 4** **Response:** *What was your response to the stressful event? What did you say? What action did you take or what did you not do?*
- 5** **Outcome:** *What was the outcome? Record what happened as a result of your action or response.*
- 6** **Preferred Outcome:** *What different, positive outcome do you want to see with this or a similar situation in the future?*
- 7** **New Thought:** *What is a thought that supports your preferred outcome? How can you think about the stressful event differently? What's a new perspective?*
- 8** **New Feelings:** *How does this new thought make you feel? How do you want to feel?*
- 9** **New Response:** *Record how you can respond or what you can say or do when the same, or similar, stressful event happens in the future. What actions support the alternate outcome you want?*

STRESS WORKSHEET--EXAMPLE

Event	Thoughts	Feelings	Response	Outcome	Pref Outcome	New Thoughts	New Feelings	New Response
My boss just assigned a big project with another quick deadline which means I have to work through dinner again tonight.	My family is going to be upset, particularly my husband. I don't blame him. I miss spending time with him and my kids. This is ridiculous.	I felt angry. Also resentful.	I stayed into the evening working as quickly as possible to finish on deadline.	Unsurprisingly it wasn't my best work. I'm not pleased with myself and neither is my boss.	Next time, I want to turn in a work product that meets my high standards. I have a reputation to maintain. I also want to have dinner with my family more regularly.	My boss isn't leaving much time to get this project done at a level of quality I'm used to delivering and it's cutting too much into my family life. New thought: I'm great at what I do based on feedback and I'm an asset to the company.	Self-assured, back in control, hopeful for change	I'll talk with my boss about ways to mitigate frequent evening hours without sacrificing quality and timeliness of my work product.
My partner is unexpectedly out of the office and I have to deliver the presentation to our prospective clients today.	This is awful. She's much better at this than I am. I'm the tech guy, after all. This may not go well.	I felt nervous, anxious and a little sick.	I fretted about it. Felt really nervous and inept. Frantically ran through a few practice rounds in my office with the slides.	It was nerve wracking, but I got through it. I think it went ok, but not great.	When this happens again, I want the presentation to be great and to feel in control and not as freaked out.	I did an ok job, but didn't like how I felt and could have done better. New thought: I'm up for the challenge. I like to improve my skills and this is a great opportunity to gain confidence in presentations which will open more doors for me.	Hopeful, optimistic, excited	Every time I begin to think negatively, I'll take a deep breath and remind myself that this is an opportunity that I'm looking forward to for the growth it will provide.

STRESS WORKSHEET

Event	Thoughts	Feelings	Response	Outcome	Pref Outcome	New Thoughts	New Feelings	New Response

Event	Thoughts	Feelings	Response	Outcome	Pref Outcome	New Thoughts	New Feelings	New Response
-------	----------	----------	----------	---------	--------------	--------------	--------------	--------------

--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--

Event	Thoughts	Feelings	Response	Outcome	Pref Outcome	New Thoughts	New Feelings	New Response
-------	----------	----------	----------	---------	--------------	--------------	--------------	--------------

--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--

Event	Thoughts	Feelings	Response	Outcome	Pref Outcome	New Thoughts	New Feelings	New Response
-------	----------	----------	----------	---------	--------------	--------------	--------------	--------------

--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--

Notes

Hi, I'm Judy, professional career coach and founder of Accomplished Life Coaching & Consulting.

Want help putting your positive mindset into practice? Book a free strategy call with me.

We'll talk about where you are with career stress and the first steps of creating your plan to manage it!

[Book Now](#)