Stress-o-Meter Exercise

1. First assess your stress in the different life domain areas. Add life domain areas if needed.

2. Identify the specific situations that cause you stress in those life domain areas.

3. Prioritize the most stressful and highest risk.

4. Brainstorm proactive and reactive strategies.

5. Pick the strategies you are most likely to implement.

6. Write up your plan with who is responsible and by when.

7. Implement the plan and revise at least monthly.