Take Your Stress Temperature

Write down how everyday in your life your looks and functions as its “stress temperature” rises. This is a way to begin to assess the warning signs of stress specific to you.

Describe how things in your life look when things are very busy, stressful and overwhelming.

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Describe how things in your life look when things are beginning to get busier and more stressful.

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Describe how things in your life look when things are calm and running smoothly.

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Adapted from What About You?: A Workbook for Those Who Work with Others, 2008