Five Fast Fixes to Reduce Stress

Stress Response

- Environmental demands
- Appraisal of demands
- Perceived stress
  - Negative emotional response
  - Physiological or behavioral responses
  - Increased risk of physical disease
- Benign appraisal

Stress Reduction Techniques

Attitude

↑ What gives you energy?

↓ What depletes your energy?

← What can you delegate?

← If you can’t delegate, what can you do to invigorate yourself afterwards?
Resilience

Helmet: ___________________________________________
Oxygen mask: _______________________________________
Walkie talkie: _______________________________________
Badge: _____________________________________________
Fire truck: _________________________________________

Gratitude
1. ___________________________________________________
2. ___________________________________________________
3. ___________________________________________________

Appointment with Self

_____________________________________________________
_____________________________________________________
_____________________________________________________

Action Plan

What ________________________________________________
When ________________________________________________
Who ________________________________________________