



## On Overload? Need to Reduce Everyday Stress? by award-winning author / stress-relief expert Susie Mantell

Here's a simple, helpful stress-reduction exercise I created to help gain perspective, whenever your world is spinning a little too fast:

1. One non-essential stressor in my own life today is: \_\_\_\_\_
2. Its short-term impact is \_\_\_\_\_
3. Its long-term impact could be \_\_\_\_\_
4. One step I could take to reduce it is \_\_\_\_\_
5. Someone who could help me is \_\_\_\_\_
6. How contingent is my mood upon productivity or upon validation by others? \_\_\_\_\_
7. How might that enhance or diminish my quality of day-to-day life? \_\_\_\_\_

**Bonus:** I could lighten someone else's load today is I \_\_\_\_\_

Enjoy lots more stress-relief tips on Susie Mantell's website at [www.relaxintuit.com](http://www.relaxintuit.com)

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