



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

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