

Time for Reflection

Write down possible sources of STS you experience at your job.

Write down STS symptoms you want to pay attention to going forward.

Write down any negative thoughts you have about your job. Write down an alternative thought for each negative thought.

Write down things you do to decrease stress. Also, list any new strategies you are willing to try. Here are some possible activities:

Deep Breathing Muscle Relaxation Grounding Yoga Mindfulness Body Scans

Writing Guided imagery Music Playing with animals Being in Nature Playing
Getting exercise Getting good sleep Talk to someone Scheduling time to de-stress
