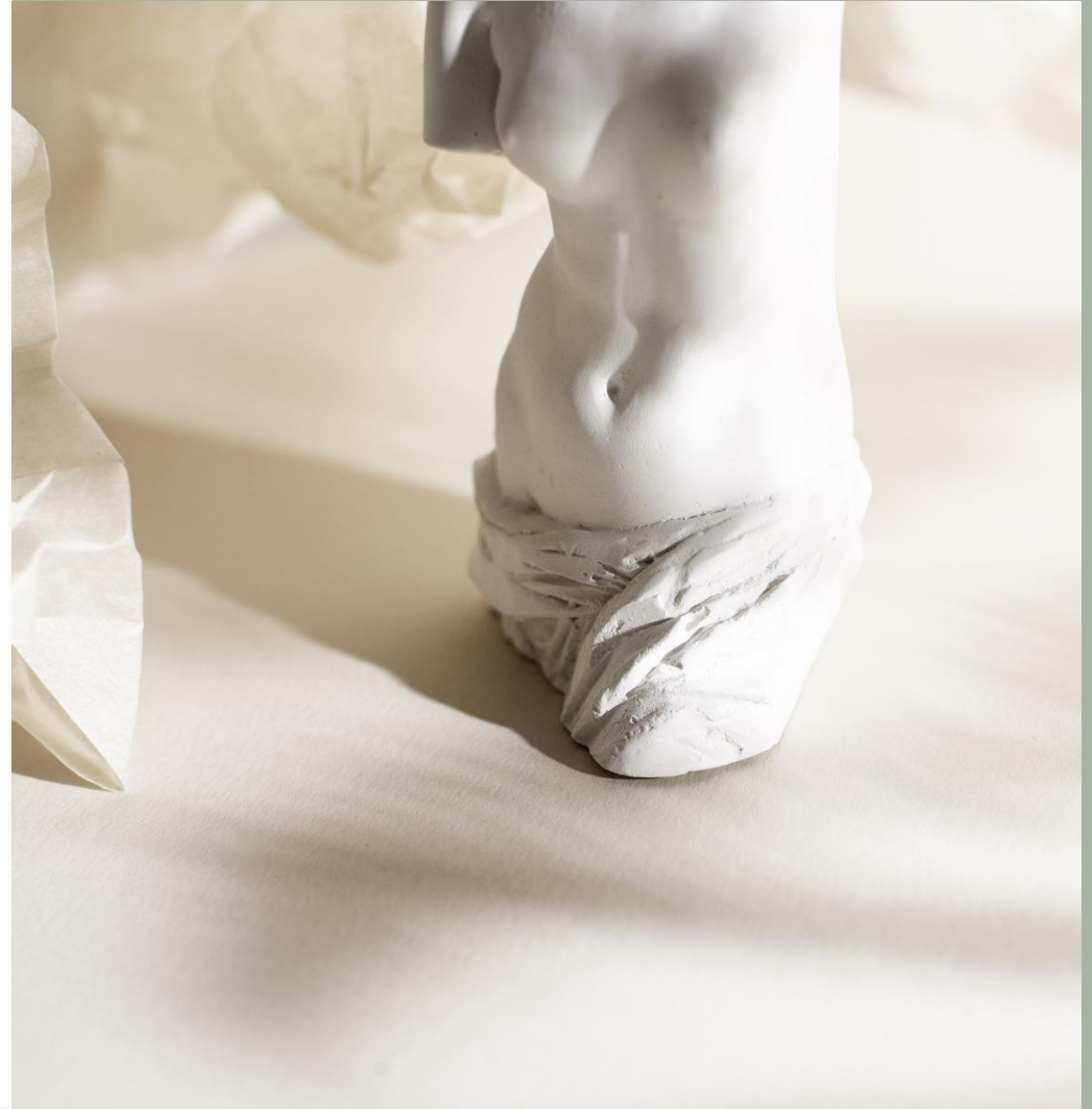


Z E N T R E

Stress Reflection

Practical Exercise



The Landscape Of Stress –A Stress Reflection

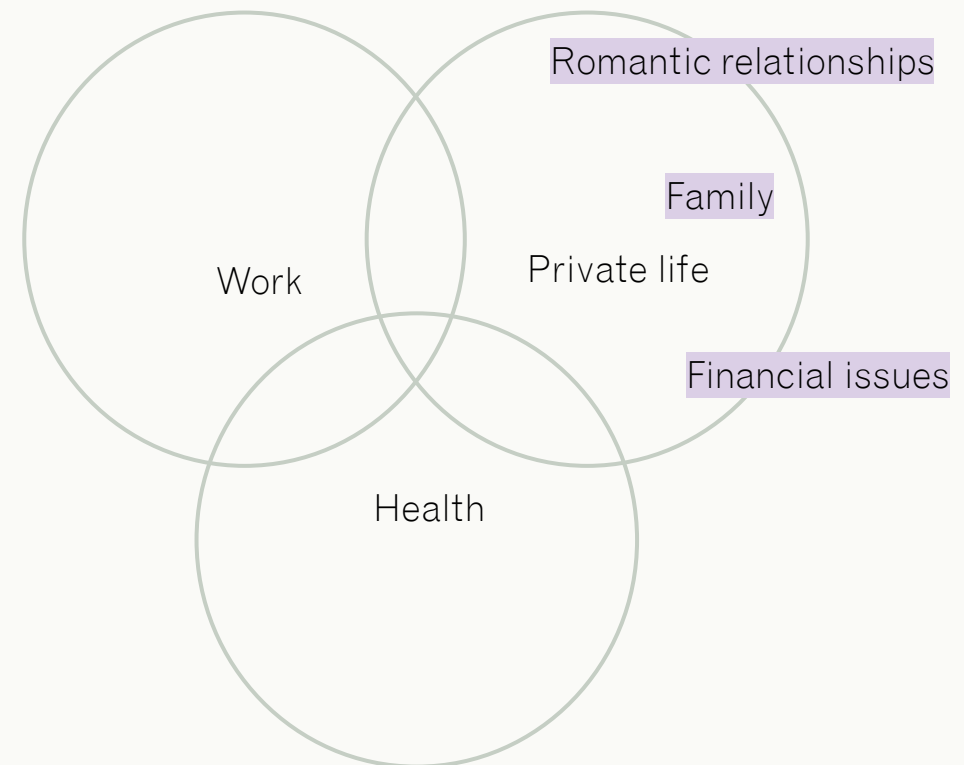
You now have a better idea of how stress works for you, you have an outline of your 'Landscape of Stress'. Stress almost always means that boundaries are being crossed. These boundaries may be crossed by others, but ever so often we are the ones crossing the boundaries ourselves – pushing ourselves too hard, being strict towards ourselves or placing too high expectations on ourselves.

Stress is driven by three main circles of impact: work, personal life and health.

When one of the circles is out of balance, usually we stay upright. We still have the other two circles to lean on. When more circles are out of balance we are likely to experience a great deal of stress and life can become challenging.

A stress reflection is a great tool to increase awareness around the triggers that stress us and the boundaries that are being crossed. Also, it helps to make decisions and take steps to start to eliminate and reduce stress.

Answer the questions on the next page to reflect on your own stress situation.



The Landscape Of Stress – Stress Reflection

Reflect on the following questions:

- ◆ In which areas of impact do I experience stress?
- ◆ Is this temporary or long-term?
- ◆ Which boundaries are being crossed?
- ◆ Do I cross them myself or does someone else cross them?
- ◆ What do I need to change this? What action can I take?
- ◆ What are the things that trigger stress for me at the moment?

Tip:

→ If you have not done so already. Share with the people close to you what triggers stress for you in this moment and ask them to take this into consideration. Keep it about yourself and what it does to you, without judging or demanding anything from the other person.

What to do when everything is just too much?

→ Ask yourself questions.

“The theory of Elimination”

- ◆ You **need** to eliminate. You can not keep on doing everything.
What can I eliminate for now?
- ◆ What can I park?
- ◆ Which triggers can I eliminate or reduce?

“Seek for help”

- ◆ Who can help me?
- ◆ Who can take care of me?

“Compassion and Self-Care”

- ◆ Place one hand on your heart and say: It's ok, breathe. I'm here for you.
- ◆ Ask yourself the question: what do I need right now?
- ◆ Take loads of rest, spoil yourself. Treat yourself.
- ◆ Hygiene: sleep well, eat well, drink little, move your body, do things you love. See a friend, family.
- ◆ Practice the Stress Management tools Mindfulness provides (→ see section on Stress Management).