

MANAGING STRESS

Through defining what renews you and what drains you...

Personal Renewers

Visualize the way you usually spend your day. List the **vitalizing aspects** of your day. Think about what you do in all aspects of your life; at home, at work and at play. Print the worksheet and list the people, places, activities and conditions that renew your energy and well-being.

Filler	At Home	At Work	At Play
Excite You			
Calm You			
Free You			
Bring You Joy			
Give You Peace			
Connect You			
Make You Happy			
Ground You			
Sustain You			
Support or Nurture You			
Stimulate or Challenge You			
Enlighten You			
Make You Laugh			
Energize You			
Arouse Your Creativity			

Personal Drainers

Visualize the way you usually spend your day. List the activities, conditions, place and qualities in people that are draining.

Drainer	At Home	At Work	At Play
Annoy You			
Anger You			
Stifle You			
Hold You Back			
Distract You			
Depress You			
Worry You			
Frighten You			
Overwhelm You			
Bore You			
Frustrate You			
Wear You Out			
Plague You			

When you have your drainers defined, look at your renewers to be able to develop strategies for changing your situation, environment, and reduce your stress at work. Think about how you could make changes to modify the balance so that your drainers are counter-acted with renewers.