

Stress Management

for the BUSY **Lady Leader**

1 What is causing you stress?

2 What are the impacts of that stress on you?

Physical

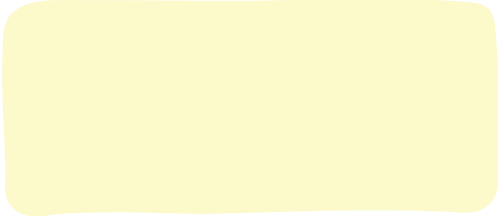
Emotional

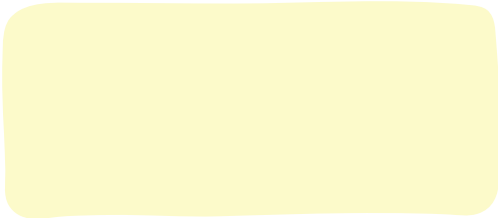
Cognitive

3 What is the impact you want to have on those around you?

4 What are the impacts of your stress on the people around you?

The 3 Strategies









The 5 Fundies

#1

#2

#3

#4

#5

My BIG AH HA from today is...

This is the next step for me...

This is when I will take that action
(make it in the next 24 hrs)