



Quick Questionnaire

List the things at work you find stressful, things that overwhelm or trigger negative emotions.

Are these things different to the things that stress you outside of work? Is there any relation to them? How are you managing the stress in your personal life better than at work? (if you are) Can you take any of the good practice from here into the work place?

Now scale the list. On a **scale of 1-5**, with 5 being the worse feeling, rate everything on your list. Really think about it because it is rare to be a 5 in every single thing.

Now look at all the 5s and 4s. Make sure you become truly aware of what these are.

Now dig a bit deeper: When do they happen? most likely place, particular person, time of day/week/month, are they more likely when you are hungry, tired, too hot, too cold etc. etc.

How do you feel? explore this; dry mouth, heart racing, tearful, angry, upset tummy, cognitively confused, headache/migraine, irritable, quiet/withdrawn etc. These are the top things that derail your day and that you find the hardest to manage. No judgement we are all different.

Has taking the time to think about this quietly helped you become more aware of your personal inner reactions?

Once you are more consciously aware you can start to pre-empt times that may throw you into those stress reactions. This will make it easier to prepare yourself for them using some of the techniques discussed in the 'Vagus Nerve' PDF