



# Passport to Managing Stress: Work Well



Name: \_\_\_\_\_

Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

## Exhibit 1: Overview Of Stress

Circle one: The first indicator of stress for me is usually: a) Physical b) Behavioral c) Mood Changes

## Exhibit 2: The SCARF Model And Stress Triggers

Recognizing that the \_\_\_\_\_ trigger from the SCARF model is a major stress trigger for me will help me to identify and respond more effectively to stress.

## Exhibit 3: Responding To Stress

Circle one: My typical response to stress is: a) Fight b) Flight c) Freeze

## Exhibit 4: Coping With Stress

Two examples of stress management practices that I am willing to do on a regular basis to help me cope with stress are:

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## Exhibit 5: Overview of Burnout

List any physical, emotional, or behavioral symptoms of burnout you are experiencing:

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## Exhibit 6: Burnout: Risk Factors and Causes

List any risk factors and potential causes that may influence your risk for burnout:

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## Exhibit 7: Work-Life Balance

List 3 things you can do to improve your work-life balance.

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## Exhibit 8: Mental Health: Take Control of Your Workday and Workspace

It would help me feel less overwhelmed and more in control if I “decluttered” these areas of my workspace:

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It would help organize my day by doing the following:

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### Exhibit 9: Mental Health: Take Meaningful Breaks

List ways to take meaningful breaks throughout your workday:

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### Exhibit 10: Meditation

Try this 5 Minute BBLISS Meditation as way to take a meaningful break and try to make time each day for brief meditation.

### Exhibit 11: Food & Beverages to Avoid When Stressed

I am willing to consume less of these foods during stressful periods:

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### Exhibit 12: Food to Enjoy When Stressed

I am willing to consume more of these foods during stressful periods:

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### Exhibit 13: Beverages and Stress

I am willing to consume more of these beverages during stressful periods:

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### Exhibit 14: Managing Stress At Work – Physical Health

Two ways that I am willing to add movement into my workday are:

### Exhibit 15: Multi-tasking and Stress

When multitasking overwhelms me, it usually results in:

Circle all that apply:    Poor Work Quality                      Decreased Productivity                      Increased Temper

List other factors that multitasking results in at work:

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### Exhibit 16: Curb Multitasking

Practices that I will try to curb multitasking and be more time-efficient at work are:

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