‘Simple Stress Management STRATEGY’

Stressed – health is affected	10	Down tools and take a break. A real one. No work. Rest & recharge your batteries
Too much on your plate	9	Say ‘NO’ to most requests. Delegate. Step back and breathe. Finish current tasks before taking any more.
Starting to reach capacity	8	Be more conscious. Tell your ‘people’ that you will need help soon & prepare to delegate
Being stretched & challenged	7	Enjoyable, can handle a little more, but be conscious of how much more
Healthy pressure	6	Getting warmed up for more
Stimulated	5	Could still do with more stimulation
Pretty much unconscious	0	Time to get moving…**NOW!!!!**

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