

Your Signature Stress Experience

Enhancing Your Mindful Awareness of the Sources, Experiences, and Impacts of Stress

What's your signature stress experience (what are your typical reactions, habits, actions, thoughts, feelings when feeling stressed)? _____

How Your Stress Process Might Impact Client Care (check all that apply):

- More distractible
- Less patient
- Less compassionate
- More quick to "advise" vs. collaborate
- Too fatigued to engage mindfully
- Miss important moments for change/insight
- Fed up with "yet another troubled client"
- Desire cancelations
- Less flexible with yourself
- More spillover of emotions onto client
- _____
- _____
- _____

What are your external and internal triggers of stress? _____

What habits do you automatically engage in when stressed? _____

How do you address your deeper needs when stressed? _____

What does it feel like to be in a stressed state? _____

Do you feel chronically stressed? _____

What do you do/how do you think so that you can better handle stress?

