

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"
- Too fatigued to engage mindfully
- Miss important moments for change/insight
- Fed up with "yet another disturbed kid"
- Desire cancelations
- _____

- 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?
