



These things contribute to my stress levels:

- Unrealistic timeframes or expectations
- Noisy environment
- Lack of direction or context for my work
- Being asked to make a decision on the spot
- Working on my own

Signs that I am under stress:

- Drinking more coffee than usual
- I start talking faster, with more handwaving gestures
- Restless: my legs jiggle or I need to fidget more
- Struggle to focus on any one task
- More forgetful

These help me calm down when I am under pressure:

- Taking a walk outside
- Having a quiet moment in a private space. Maybe a 5 minute meditation/breathing.
- Noise cancelling headphones and listening to my music
- Patting a cat!

SAMPLE

STRESS RESPONSE WORKSHEET

When I am stressed, these things are counterproductive:

- Making decisions about me, without me. (such as removing scope)
- Having to do more context-switching than usual (extra ad-hoc meetings)
- Suggesting I switch to decaf!
- Flickering flourescents
- Office temperature too hot or too cold

These kinds of support are helpful to me:

- Get me in front of a whiteboard with my task list and help me prioritise
- Get information to me in advance of needing to make a decision
- Make sure I understand why my work is important
- Check if my workload needs to be rescoped, or a timeline adjusted. By default I will assume I need to produce fully complete perfection
- Take me out for a hot chocolate. (I savour the drink and it helps me to slow down, and gives me space to ask questions)

Experiencing stress is a normal part of life. This worksheet is designed to help you think about what stress looks like for you, and what kind of supports you might need to get you through a challenging period. It can be useful to share one version of this with your manager, as well as another version for your direct reports.





These things contribute to my stress levels:

Signs that I am under stress:

These help me calm down when I am under pressure:

STRESS RESPONSE WORKSHEET

When I am stressed, these things are counterproductive:

These kinds of support are helpful to me:

Experiencing stress is a normal part of life. This worksheet is designed to help you think about what stress looks like for you, and what kind of supports you might need to get you through a challenging period. It can be useful to share one version of this with your manager, as well as another version for your direct reports.

