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# Stress Triage



## A Personalized Stress Management Plan

*"It starts with us... and  
benefits us all."*

# My Personal Stress Management Plan

## Step 1. Understanding Resilience

Definition: “The process of \_\_\_\_\_  
in the face of

\_\_\_\_\_

\_\_\_\_\_, or significant sources of \_\_\_\_\_

\_\_\_\_\_  
*“You can’t fix a flat tire while the wheel is still spinning”*  
\_\_\_\_\_

## Step 2: Stress Triage

My current stress level is: *(circle one)*

Boredom	Comfort	Strength	Strain	Burnout
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*Personal Stress Factors:*

*Impact on my work/home life is:*

## Step 3a. Acute Stress Management

- ☺ -
- ☺ -
- ☺ -
- ☺ -
- ☺ -
- ☺ -
- ☺ -
- ☺ -
- ☺ -
- ☺ -

## Step 3b. Preventative Stress Mitigation & Management

M _____	C _____
D _____	M _____
C _____	