



Diana Murphy Coaching, LLC  
Mindful Health & Wellness for Top Performers

## STRESS MANAGEMENT 101

**What is stressing you out? Write down all the facts?**

**Why are you stressed out about answer above?**

**How does thinking this way **make you feel**?**

**How do you **react/act** when you feel these emotions?**

**What **results** are you getting when you think this way?**

**What's **another** way I can think about this? One that creates a calmer or more neutral emotion?**