

Re-Creation: De-stressing in a Stressed Out World

What would you say are your “buttons”, the areas you must be careful not to overreact about?

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How do others know when you are under stress? What are your “tells”?

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You Personally:

Structure											Nurture
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Those in Your Position:

Structure											Nurture
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The Program Overall:

Structure											Nurture
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What is one thing you could do to help you move closer to the center?

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What are the sorts of clients you have the most difficult time being objective (positive or negative) with? Why do you think that might be?

What are some ways you personally show support when you see someone struggling?

What are some ways you prefer that others show you support when you are struggling?

How do you personally handle tension, fear, and anger?

Fear:
Anger:
Tension:

What are three ways you could take care of yourself today?

1.
2.
3.

What are three ways you could take care of yourself in the next two weeks?

1.
2.
3.

What are three ways you could take care of yourself in the next three months?

1.
2.
3.

What will you do differently as a result of our time together and the things you have learned today?
