

REDUCING STRESS & OVERWHELM

Grading Element	Exceptional (4 points)	Competent (3 points)	Needs Improvement (2 points)	Unsatisfactory (1 point)	Score
Recognition	Always recognise when I am stressed and what the cause is; know what I am doing to make it worse; self correct to relieve instantly.	Mostly recognise when I am stressed and what the cause is; mostly know what I am doing to make it worse; can self correct although not instant relief.	Sometimes recognise when I am stressed and what the cause is; sometimes know what I am doing to make it worse; can't self correct and need outside help.	Rarely recognise when I am stressed and rarely aware of the cause; don't see that I can do anything about it, it is outside my control.	
Thinking	No matter what is happening I always feel able to choose my response, I can reframe, connect with the big picture and accept what is with gratitude.	No matter what is happening I mostly feel able to choose my response, I can reframe most of the time, connect with the big picture and mostly accept what is with gratitude.	Sometimes I feel able to choose my response, I can reframe sometimes, have trouble connecting with the big picture and often struggle with gratitude.	Rarely able to choose my response, I can rarely reframe, can't find the big picture and lack acceptance and gratitude.	
Feeling	When stressed I am always able to observe and suspend judgement, stay present, mindful and at peace and keep myself motivated.	I am often able to observe and suspend judgement, often stay present, mindful and at peace and sometimes keep myself motivated.	I am sometimes able to observe and suspend judgement, sometimes stay present, mindful and at peace and have difficulty staying motivated.	I am rarely able to observe and suspend judgement, rarely stay present, mindful and at peace and can't get motivated.	
Physical Effects	I am always aware of the physical effects of stress so I exercise, eat and sleep well, always manage my time, practice my PSR, avoid negativity and meditate.	I am sometimes aware of the physical effects of stress so I exercise, eat and sleep well most of the time, usually manage my time and practice my PSR, and meditate often.	I am rarely aware of the physical effects of stress so I rarely exercise, eat and sleep well, rarely manage my time and practice my PSR, and meditate only when I remember.	I am never aware of the physical effects of stress so I don't exercise, eat and sleep well, never manage my time and practice my PSR, and don't meditate.	
Using Stress to Heal (The Alternative)	I always turn towards my feelings, explore them, let them dissipate and find peace.	I usually turn towards my feelings, explore them, let them dissipate and find peace.	I sometimes turn towards my feelings, explore them, let them dissipate and occasionally find peace.	I never turn towards my feelings, never explore them, and rarely find peace.	

Action Items

Final Score