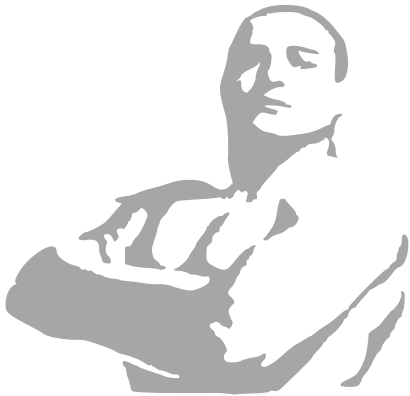


My Personal Best to Worst Spectrum

Use this worksheet to create a detailed description of yourself when you are functioning at your best compared to your worst. This measuring stick will help you (and others) recognize when it's time to ramp up wellness strategies and activate your support network.



Peak Performance

What do you look like when you're at your best?

Example: "I know I'm at my best when I have more energy when I leave work than when I arrived."

Minor Signs

What might others observe when you are starting to show signs of stress?

Example: "I can tell I'm starting to feel stressed when I stop calling to check in with my friends, and I can't keep up my workout routine because I keep hitting the snooze button."

Major Signs

We all respond to stress in different ways. What are the signs that you are overwhelmed?

Example: "I can tell I'm in trouble when I break out in tears during certain kinds of movies, and I stop checking my voicemail. My friends tell me that they have to 'walk on egg shells' around me."



I look like...
I feel like...
Things I say and do...
Feedback I get from others...

My Personal Toolkit

Resilience comes as a product of your continued investment in your own mental health and ability to protect your energy. It can be hard to think clearly and to remember what brings you joy when you are under stress and pressure. Creating a wellness toolkit now will help you see warning signs early and put measures in place to restore your own health. Use this worksheet to document aspects of your world that bring you strength and support your ability to be resilient.

What helps me?

Who's on my team

- It is important to check in when we have stressful days or weeks. Make a list of people who you can turn to for support, positive vibes, and/or those who will hold you accountable.

How I restore my energy

- What do you already do on a daily, weekly, and monthly basis to support your health and inner happiness? What would you like to try?

What harms me?

What tends to "set me off"

- What are those moments that typically cause you stress, anxiety, fear, and frustration at work? If you like, list any sources of stress in your personal life as well.

Activities that drain my energy

- Take a moment to review your agenda this week. Which meetings and/or activities do you find the most enjoyable? Which ones leave you feeling worse? Why is that?

Act now

We can't always control what happens to us, but we can control our response. Consider how you might setup your week to do more activities that bring you some joy and to build in restorative activities before or directly after those activities that drain you.