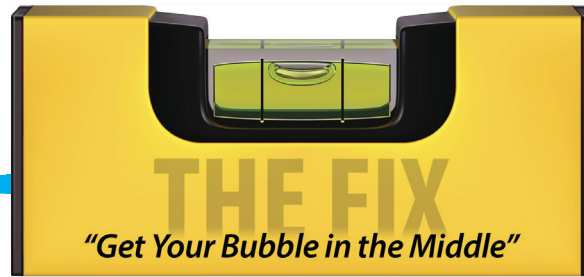




A Mental Tool to Counterbalance Anger, Anxiety and Feelings of Stress



Identify: Label the emotion you are experiencing

Are you experiencing anger or anxiety? Acknowledging and naming your emotion will help lesson the intensity of the emotion.

Assess: Determine the intensity level of the challenge in order to lower its intensity

Level 4: Trauma • outside your control, unmanageable (i.e., death natural disasters)

Level 3: Daily Living Stressors • contained, manageable (i.e., big deadline, lost passport)

Level 2: Daily Living Activities • clean, shop, chauffeur. Things you must do but sometimes find overwhelming. (Note: people who regularly regard these tasks as “a hassle” tend to be very stressed.)

Level 1: Irritants • red lights, rude people. Remember life is short and YOU are in charge of where you steer your thoughts.

ACT: Connect to **A**ppreciation, **C**ompassion and **T**ruth

In this intense moment ask yourself . . .

- What can I **APPRECIATE**?
- For whom can I have **COMPASSION**?
- What is the unchangeable **TRUTH** I need to accept?