## **Reduce Micro Stresses Worksheet**

Micro stresses as "those standard stresses that come with being a husband, a wife, a parent, a boss or an employee, there's not a day that goes by without experiencing them" (Dr Chatterjee). It can be the abrupt noise of your alarm, the ping of an email, a heavy head, a tut from your partner, a scroll through facebook, mess from the kids and dog, and getting stuck in traffic, which all accumulate into a mountain of stresses very quickly, often before you've even left the house! Micro stresses are coming at us from all directions so it's important to set up a lifestyle that helps to manage and experience fewer of them.

**Step 1:** For at least 1 day, note your micro stresses. Decide if you will note this every hour or at a couple of times during the day.

Time	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6am	E.g. Looked at phone and saw several notification that made me feel tense							
7am	Stuck in traffic feeling annoyed							
8am								
9am								
10am								
11am								

Time	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
12pm								
1pm								
2pm								
3pm								
4pm								
5pm								
6pm								
7pm								
8pm								
9pm								

Time	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10pm								
11pm								

Step 2: Highlight those micro stresses that are occurring on a regular basis, there are your priority stresses! Note top 3 in column A in table below.

Step 3: Note small action steps to change your priority stresses and move to wards a calmer day. Note in column B.

**Step 4:** Share your changes with those around you and start today - this is your commitment to yourself!

**Step 5:** Set a reminder to review how you feel in one weeks time, are there any tweaks you can make to your actions to reduce your micro stresses further. Note in column C.

A. Priority Micro Stresses to Change	B. Action Steps	C. Review
e.g. Spend less time checking notification on phone - not always urgent!	e.g. Don't check phone for first hour of the day	e.e. Found this a calmer start to the day, decided to do the same 2 hours before bed also
1		
2		
3		

Once your happy you've reduced these priority stresses, you can do steps 3-5 with your next priority stresses and so on....

Small steps at a time, your daily life can become less stressful. Practice and feel the benefit! Sam *x*