

How to Map Your Stress

A Step-by-Step Guide

- **Step 1:** Take a piece of paper and draw a circle in the center. In that circle, write down an incident that is causing you stress.
- **Step 2:** Write your thoughts and concerns in the space around the circle.
- **Step 3:** Mentally connect with your body and ask yourself the following questions: How high is my stress, on a scale of 1-10? Where am I feeling the stress in my body?
- **Step 4:** Look at your map and circle any unmet expectations (something that didn't happen that you expected to happen) or storylines (something you're telling yourself that may or may not be true). Acknowledge and validate these worries.
- **Step 5:** Pick a source (a person, place or thing that brings you peace). Focus on your source and take 3 deep breaths.
- **Step 6:** Flip your page over, draw another circle, and write the same incident in the center.
- **Step 7:** Again, scatter your thoughts around the circle. This time, you'll find that your executive brain has taken command. Your thoughts will focus on elements you can control, rather than the things you cannot.
- **Step 8:** Reconnect with your source, and reevaluate the level and location of your stress. It should live in a different place.