



# Getting in Tune

MINDWHATMATTERS

## USING STRESS TO YOUR ADVANTAGE

On a scale of 1-10, 10 being most stressful and 1 being least stressful, how stressed are you today?

When you are stressed, what emotions do you experience?

Activating (A) events lead to Beliefs (B) about these events, which lead to Consequences (C)

$A \rightarrow B \rightarrow C$

Distress occurs when irrational beliefs cause consequences.

Not  $A \rightarrow C$

1. Reflect on the past two weeks. What two stressful events occurred that led to me holding incorrect and unhelpful beliefs?

2. List 3 routine activities that bring you back to baseline

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3. What would have been another way at looking at the stressful events in mentioned in (1)

