

## Positive Statements.

Challenging unhelpful thinking. When you focus on problems you'll have more problems.

Think of a time you've struggled with stress, but things went well.

How did you get through it?

What skills & techniques did you use?

**Self-Target Time** – What targets can you set yourself if you are in this situation again?

What techniques will you put in place?

- 1.
- 2.
- 3.

*"You should review your techniques as you challenge each stressful situation. This will allow you to develop the best personal Stress Busting Tool Kit. Remember stress can be positive & help you focus & perform well but too much can have a negative impact".*

