

BOOST YOUR RESILIENCE!

WHAT IS YOUR **STRESS-SCORE**? FROM 1 TO 10



HOW DO YOU NOTICE? WHAT ARE **STRESS-SYMPTOMS** FOR YOU?

.....

.....

HOW TO DEAL WITH STRESS...



EXTERNAL TRIGGERS:

In your **environment**:

.....

In your **social relationships**:

.....

INTERNAL TRIGGERS:

In your **mind**:

> *Limiting beliefs*: I am

In your **body**:

> *Trauma*:



social engagement



fight



flight



freeze



FEEL

sensations, energy level, emotions

.....

.....

.....

THINK

mindset and thoughts

.....

.....

.....

DO

behaviour and language

.....

.....

.....



GLIMMERS

Self-regulation: activities, objects, places, ...

.....

.....

.....

Co-regulation: anchors (= people)

.....

.....

.....

