

Like Fingernails on a Chalkboard...Dealing with Difficult Employees

Dealing with the STRESS

List 6 things causing you stress

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Write down how stressed you are this week:

1-5 (low to medium stress) circle PURPLE

6-10 (medium to high stress) circle PINK

Next put in front of each number one letter:

R (Red)

Things you have NO control over (weather, economy)

Solution: Diversion

Y (Yellow)

Things you have SOME control over (conflict with someone)

Solution: Direct Action

G (Green)

Things you have COMPLETE control over (clutter, eating, busy)

Solution: Do to Completion

What are some actions you can take to reduce the stress?