

Where Stress Accumulates for Me

Purpose: Help leaders identify *patterns* of accumulation rather than isolated events.

1) In my leadership role, stress most often accumulates through:

(choose all that apply)

- back-to-back meetings
- unresolved conversations
- decision overload
- constant availability
- lack of recovery time
- unclear expectations
- emotional labour
- other: _____

2) When stress has been accumulating for a while, I usually notice:

(e.g. reduced patience, fatigue, irritability, loss of perspective)

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3) Signs I tend to ignore until later are:

(e.g. tension, rushing, shallow breath, mental fog)

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4) If stress continues to accumulate, it usually shows up as:

- control
- withdrawal
- over-functioning
- numbness
- exhaustion
- frustration

5) One area where earlier regulation would make the biggest difference is:

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*Stress doesn't need to be intense to be impactful.
It only needs to be uninterrupted.*