

under THE INFLUENCE

• • •

OF STRESS

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STRESS (NOUN \ 'STRES /)

A SPECIFIC RESPONSE BY THE BODY
TO A STIMULUS, SUCH AS
FEAR OR PAIN

THAT DISTURBS OR INTERFERES WITH
THE NORMAL PHYSIOLOGICAL
EQUILIBRIUM OF AN ORGANISM

STRESS TEST | PART I

1	DO YOU FREQUENTLY NEGLECT YOUR DIET?	YES/NO
2	DO YOU FREQUENTLY TRY TO DO EVERYTHING YOURSELF?	YES/NO
3	DO YOU FREQUENTLY BLOW UP EASILY?	YES/NO
4	DO YOU FREQUENTLY SEEK UNREALISTIC GOALS?	YES/NO
5	DO YOU FREQUENTLY FAIL TO SEE THE HUMOR IN SITUATIONS OTHERS FIND FUNNY?	YES/NO
6	DO YOU FREQUENTLY GET EASILY IRRITATED?	YES/NO
7	DO YOU FREQUENTLY MAKE A "BIG DEAL" OF EVERYTHING?	YES/NO
8	DO YOU FREQUENTLY COMPLAIN THAT YOU ARE DISORGANIZED?	YES/NO
9	DO YOU FREQUENTLY KEEP EVERYTHING INSIDE?	YES/NO
10	DO YOU FREQUENTLY NEGLECT EXERCISE?	YES/NO

STRESS TEST | PART II

11	DO YOU FREQUENTLY HAVE FEW SUPPORTIVE RELATIONSHIPS?	YES/NO
12	DO YOU FREQUENTLY GET TOO LITTLE REST?	YES/NO
13	DO YOU FREQUENTLY GET ANGRY WHEN YOU ARE KEPT WAITING?	YES/NO
14	DO YOU FREQUENTLY IGNORE STRESS SYMPTOMS?	YES/NO
15	DO YOU FREQUENTLY PUT THINGS OFF UNTIL LATER?	YES/NO
16	DO YOU FREQUENTLY THINK THERE IS ONLY ONE RIGHT WAY TO DO SOMETHING?	YES/NO
17	DO YOU FREQUENTLY FAIL TO BUILD RELAXATION INTO EVERY DAY?	YES/NO
18	DO YOU FREQUENTLY SPEND A LOT OF TIME COMPLAINING ABOUT THE PAST?	YES/NO
19	DO YOU FREQUENTLY RACE THROUGH THE DAY?	YES/NO
20	DO YOU FREQUENTLY FEEL UNABLE TO COPE WITH ALL YOU HAVE TO DO?	YES/NO

WHERE AM I?

SCORE	STRESS CLASSIFICATION
5 OR <	A-OK
6 - 10	JUST BREATHE
11 - 15	OVER-STRESSED
> 15	WATCH OUT!!

THE WRONG APPROACH

Stress Reduction Kit

**Bang
Head
Here**

Directions:

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.

A LINE IN THE SAND OF YOUR LIFE

**MAJOR
STRESSORS**

**MINOR
STRESSORS**

MINOR STRESSOR ?!



MINOR STRESS REDUCTION TIPS



**MAKE
1
EXCELLENT
DECISIONS**

MINOR STRESS REDUCTION TIPS



SET PRIORITIES

&

ADOPT A BIG

PICTURE

PERSPECTIVE

MINOR STRESS REDUCTION TIPS

A top-down view of a person's hands holding a red alarm clock and a white coffee cup over a laptop keyboard. The person is wearing a light pink long-sleeved shirt. The background is a dark grey desk surface.

AVOID
DOING TOO
MUCH

MINOR STRESS REDUCTION TIPS



AVOID
4
SEEKING
PERFECTION

MINOR STRESS REDUCTION TIPS

A top-down view of a person with long brown hair, wearing a light pink long-sleeved shirt, sitting at a dark desk. The person is holding a red alarm clock in their left hand and a white cup of coffee in their right hand. A laptop is open in front of them. The text is overlaid on the image, with a large blue number '5' in the center.

DON'T WORRY
ABOUT BAD
THINGS THAT
COULD HAPPEN

MINOR STRESS REDUCTION TIPS

A top-down view of a person with long brown hair, wearing a light pink long-sleeved shirt, sitting at a desk. The person's hands are visible: the left hand holds a red alarm clock, and the right hand holds a white coffee cup. A laptop keyboard is visible in the center. The background is a dark grey desk surface.

IMPROVE YOUR
LIFESTYLE &
DON'T RELY ON
LUCK

MINOR STRESS REDUCTION TIPS

A top-down view of a person sitting at a desk. The person is wearing a light pink long-sleeved shirt. Their left hand is holding a red alarm clock, and their right hand is holding a white cup of coffee. A laptop is open in front of them. The background is a dark grey desk surface.

BE MORE

FLEXIBLE

MINOR STRESS REDUCTION TIPS



TALK
&
BE OPEN

TO TALKING

MINOR STRESS REDUCTION TIPS



WATCH
THE
SUNSET

MINOR STRESS REDUCTION TIPS

GO TO BED

1
A BIT
EARLIER



MINOR STRESS REDUCTION TIPS



WATCH A
CARTOON

MINOR STRESS REDUCTION TIPS

A top-down view of a person's hands in a light pink long-sleeved shirt. The left hand holds a pink alarm clock, and the right hand holds a white coffee cup. Both hands are positioned over a laptop keyboard. The background is a dark grey desk surface.

SAY & DO
SOMETHING
NICE

MINOR STRESS REDUCTION TIPS

A top-down view of a person's hands holding a pink alarm clock and a white coffee cup over a laptop keyboard. The person is wearing a light pink long-sleeved shirt. The background is a dark grey desk surface.

LAUGH,
10
GIGGLE &
SNORT

MINOR STRESS REDUCTION TIPS

PET A DOG



MINOR STRESS REDUCTION TIPS



TAKE A
4
WALK

MINOR STRESS REDUCTION TIPS



READ
SOMETHING

MINOR STRESS REDUCTION TIPS



GIVE
17
SOMEONE
A HUG

MINOR STRESS REDUCTION TIPS

PLAY WITH
18
A KID

MINOR STRESS REDUCTION TIPS

A top-down view of a person's hands in a light pink long-sleeved shirt. The left hand holds a pink alarm clock, and the right hand holds a white coffee cup. In the center, a laptop keyboard is visible with a person's brown hair resting on it. The background is a dark grey surface.

CLEAN UP

1
YOUR
ROOM

MINOR STRESS REDUCTION TIPS



STRETCH &
TAKE 5 DEEP
BREATHS

IN THE END . . .

“THERE’S STILL SOME GOOD
LEFT IN THIS WORLD. . . .
AND THAT’S WORTH
FIGHTING FOR.”

-- LORD OF THE RINGS

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