

## Your Stress Cycle

Knowing when intense stressors arise for you and how you react to them is an important part of mitigating the negative side-effects of stress in your life. It enables you to observe otherwise undiscernible patterns and, thus, identify areas that can be improved upon.

This worksheet is designed to help you look back at your stress cycles and those of the attorneys you work with. Its purpose is to provide insight into your team's primary stressors throughout a year and into how you each tend to react. Think back over the past year, when did you feel the most stressed? When did you notice your team members' stressed? How did that stress change your behavior? Their behavior? How did you each try to cope with the stress?

Month	Stressors	Changes in my behavior	Coping mechanisms
January			
February			
March	(example: cannot complete all the work I need to do on time)	(example: not eating well, stopped exercising, not sleeping well)	(example: dedicate all resources to getting the work done)
April	(example: travel for friend's wedding when need to work)	(example: increase in distraction when with friends and family)	(example: vent about work and spend a lot of time on phone when not in front of your computer)
May			

June			
July			
August	(example: <u>Me</u> : attorney was short with me; <u>Attorney</u> : received a lot of assignments requiring travel)	(example: <u>Me</u> : spent a lot of time double checking submitted work fearful that s/he was upset with me <u>Attorney</u> : spent a lot of time out of the office and was very serious when in the office)	(example: <u>Me</u> : Try to convince myself that there are other reasons for the attorney to be short with me beyond my potential mistake.  <u>Attorney</u> : Avoids socializing at the office.)
September			
October			
November			
December			