Week of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Code for Incident** | **Date & Time:** | **Stressful Event/Incident** | **Stress Level (1 low - 5 high)** | **Feelings** | **Response** |
| 001 | March 20th @ 1:00 | Missed a deadline for submitting a report | 4.0 | Overwhelmed | Started hurriedly multi-tasking and didn’t get much done. |
| 002 | 5:30 | Late to getting Cara to final practice before the playoffs | 3.5 | Guilty | Over-compensated by extending her party curfew by 3 hours |

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| **Code for Incident** | **Time:** | **Stressful Event/Incident** | **Stress Level (1 low - 5 high)** | **Feelings** | **Response** |
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**STRESS Log -  TIFIDIN  Analysis**

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| **Code** | **Triggers** | **Thought in – Think It**  **(Assumptions, Values, Beliefs)** | **Feelings In (Feel It)** | **Deployed Instant Navigation - Action**  **(Do It Now)** |
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**Use TIFIDIN Reflection and Reframe tool to analyse your situation.**

1. **Identify your stressors.**
2. **What were the lessons learnt?**
3. **What will you do differently?**