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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 |

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

**STRESS Log -  TIFIDIN  Analysis**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Code** | **Triggers** | **Thought in – Think It****(Assumptions, Values, Beliefs)** | **Feelings In (Feel It)** | **Deployed Instant Navigation - Action****(Do It Now)** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**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?**