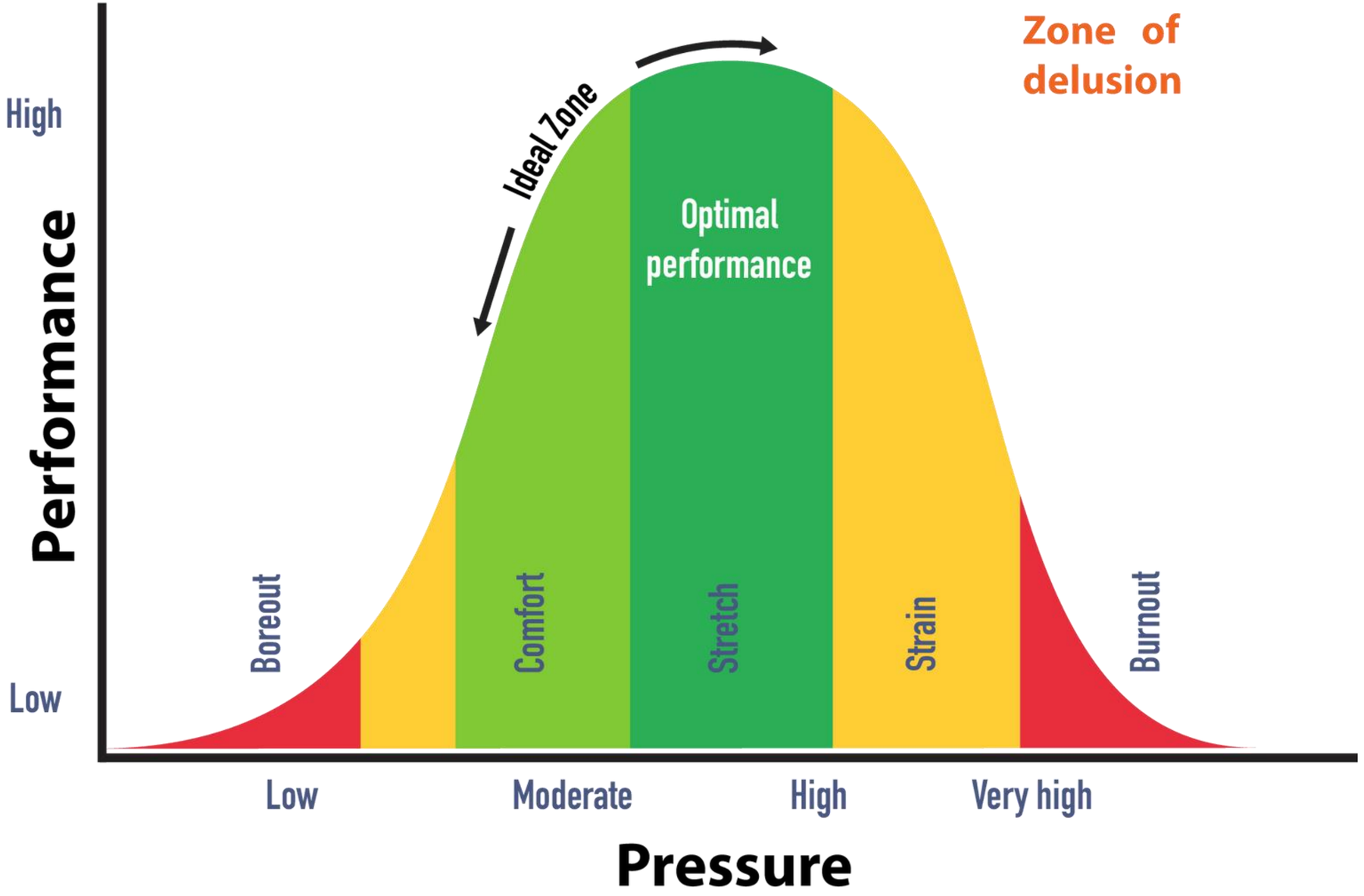
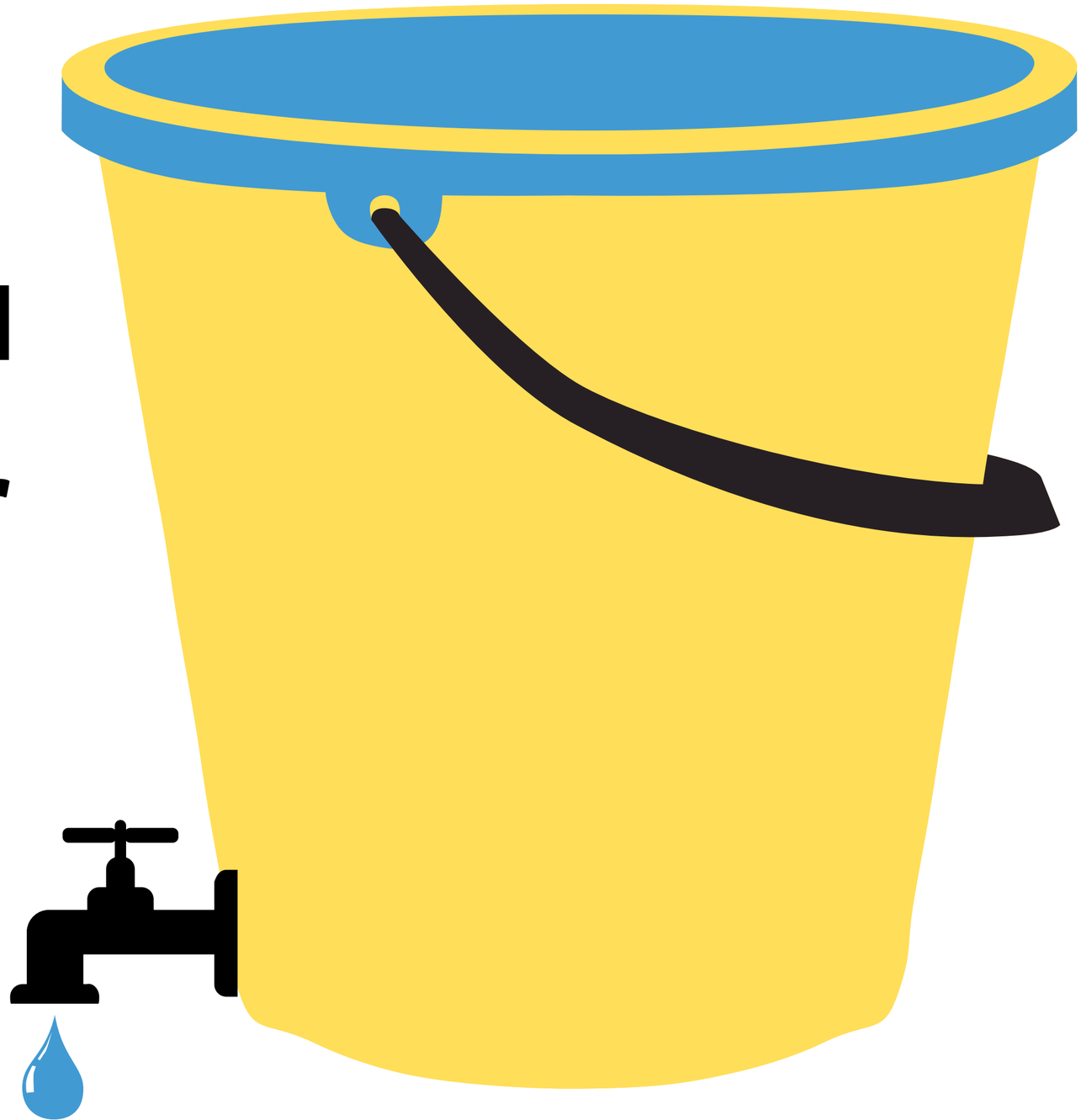
Stress Management

Ali Uzzell


Zone of delusion
High
Performance
Low
Ideal Zone
Optimal performance
Boreout
Comfort
Stretch
Strain
Burnout
Low
Moderate
High
Very high
Pressure

Empty your Stressors into your container

How do you respond to Stress?

How do you empty your container?