



# *De-Stress and Get Motivated!*

## **STRESS RESPONSE – more than you think...**

**FIGHT:** \_\_\_\_\_

**FLIGHT:** \_\_\_\_\_

**FREEZE:** \_\_\_\_\_



## **ENERGY VAMPIRES:**

**How to identify what's exhausting you.**

**D:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**G:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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## ***My Commitment: De-Stress and Get Motivated!***

3 things I commit to do during the next month to reduce my stress, add joy, and lighten up!

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## **BONUS: How can I help my team de-stress?**

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