

## School-Wide Reflections

What is causing you the most stress at work?

What feelings do you experience when stressful situations occur at work?

How do you react to stressful situations at work?

How does your reaction to stressful situations at work impact others?

What strategies can you use to better manage your stress at work?

What do you do to manage your stress at work?

# School-Wide Reflections

## **Action Plan**

*Use your reflections to come up with an action plan for what you want to change.*

**I plan to change** \_\_\_\_\_

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**By making these changes, I hope to accomplish** \_\_\_\_\_

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