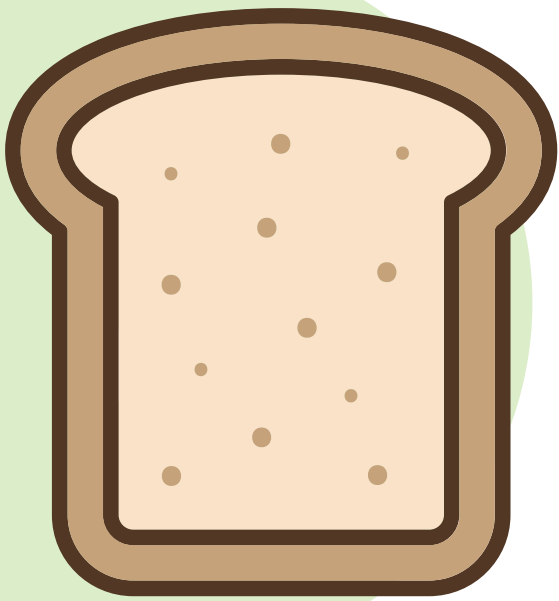


THE STRESS SANDWICH

A DIGESTIBLE GUIDE FOR STRESS MANAGEMENT

by Linda Holroyd

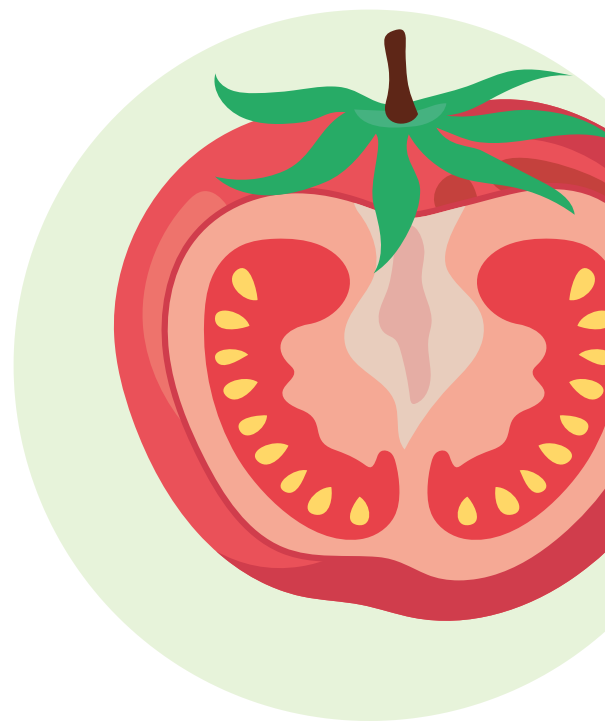


MORNING THE TOP SLICE OF BREAD

*What am I grateful for?
What will I accomplish today?
What is my intention today?*

DAYTIME FILLINGS OF YOUR CHOICE

Is it real?
*Will it affect you?
Is it important to you in the short term?
Is it your problem or someone else's problem?*



If it is your problem

*What is the problem specifically?
How can you best immediately address it?
What is the underlying cause?
How can you address it?
How did you contribute to it*

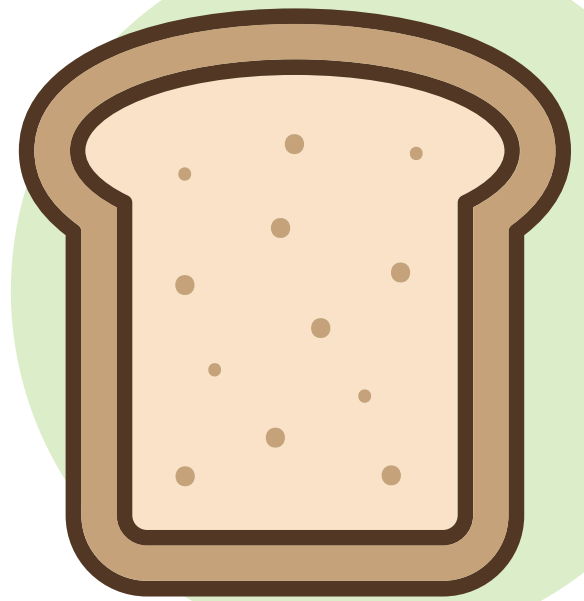
Either way

*What are you learning?
How can you manage the stress?
How can you support others right now?*



EVENING THE BOTTOM SLICE OF BREAD

*What did you do right?
What can you do better tomorrow?
Tell yourself good job.
Tomorrow is another day.*



WE HOPE THIS GRAPHIC CAN HELP YOU 'STOMACH' YOUR STRESS NEXT TIME A PROBLEM ARISES