



# Leave Your Stress @ Work!



A 90-minute Webinar

## **Before work:**

1. Get some \_\_\_\_\_.
2. \_\_\_\_\_ or engage in some other form of relaxation.
3. Know \_\_\_\_\_. How much of your stress is \_\_\_\_\_?
4. \_\_\_\_\_. Things really could be worse!
5. Get your stress off \_\_\_\_\_.
6. \_\_\_\_\_ your day.
7. Acknowledge what you can and cannot \_\_\_\_\_.
8. Maintain a healthy \_\_\_\_\_.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **During work:**

1. Reduce the \_\_\_\_\_,  
and make it a \_\_\_\_\_.
2. Keep your \_\_\_\_\_ personal.
3. \_\_\_\_\_.

877-216-5781    LINDA BRUNO    [lfbruno@cfl.rr.com](mailto:lfbruno@cfl.rr.com)  
[www.LindasWorkshops.com](http://www.LindasWorkshops.com) ~ Online ~ Single ~ 1.5 ~ 02.18

***During work:***

4. Take a \_\_\_\_\_.
5. Get into your \_\_\_\_\_.
6. \_\_\_\_\_.
7. \_\_\_\_\_ during lunch or breaks.
8. Put your best \_\_\_\_\_.
9. \_\_\_\_\_ (hmmmmm....where have we heard that before???)
10. Learn to \_\_\_\_\_.
11. Recognize what you can and cannot \_\_\_\_\_.
12. Do a \_\_\_\_\_.
13. Notice your \_\_\_\_\_ by keeping a to-do list.
14. "Take out the \_\_\_\_\_" ~ \_\_\_\_\_.

***After work:***

1. Visualize " \_\_\_\_\_ " leaving your stress at work.
2. ...or develop your own little \_\_\_\_\_ of actually doing just that!
3. Before you leave, \_\_\_\_\_.
4. Heading out the door, \_\_\_\_\_, even if you have to "fake it till you make it!"
5. Keep a comforting \_\_\_\_\_ in your car for your commute home.
6. Make your commute home a \_\_\_\_\_ experience.
7. Get a \_\_\_\_\_.
8. Learn to \_\_\_\_\_.

\_\_\_\_\_

9. Make sure you have some real \_\_\_\_\_ and \_\_\_\_\_ it.
10. Learn how to \_\_\_\_\_.
11. \_\_\_\_\_ . Period.
12. \_\_\_\_\_.
13. \_\_\_\_\_.
14. \_\_\_\_\_.
15. Change \_\_\_\_\_ !
16. \_\_\_\_\_ if it helps you relax.
17. Spend your \_\_\_\_\_ wisely.
18. Enjoy some “ \_\_\_\_\_ ”.
19. Give yourself an \_\_\_\_\_ workout 😊
20. It's okay to be “ \_\_\_\_\_ ”.
21. Leave your work \_\_\_\_\_.
22. You know it makes you wanna \_\_\_\_\_ !
23. “ \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ ” 😊
24. Give yourself something to \_\_\_\_\_.
25. Before you get home, do you need a “ \_\_\_\_\_ ?”
26. Post a \_\_\_\_\_ at the entry to your home.

**Additional tips...**

1. \_\_\_\_\_ the committee.
2. You must, must, must create \_\_\_\_\_.
3. \_\_\_\_\_ free time.
4. Strive to \_\_\_\_\_.
5. Don't \_\_\_\_\_.
6. \_\_\_\_\_ your thoughts.
7. Ask for \_\_\_\_\_.

**What can I do differently to leave my stress at work?**

**Before:** \_\_\_\_\_

---

---

**During:** \_\_\_\_\_

---

---

**After:** \_\_\_\_\_

---

---

**Other:** \_\_\_\_\_

---

---