




INSTRUCTIONS ON THE NEXT PAGE!



1

On a scale of 1-10,
how stressed out am I?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

What's causing the shitstorm?

© 2004 Blackwell Publishing Ltd, *Journal of Internal Medicine* 255: 105–112

How am I feeling?

What
am I
trying
to get
done?

Abstract

HOW TO WORK DURING SHITSTORMS

Moving forward when you're barely staying afloat

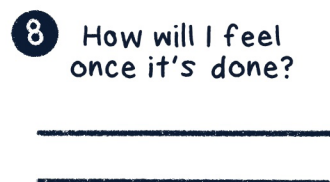
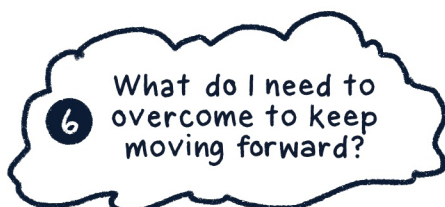
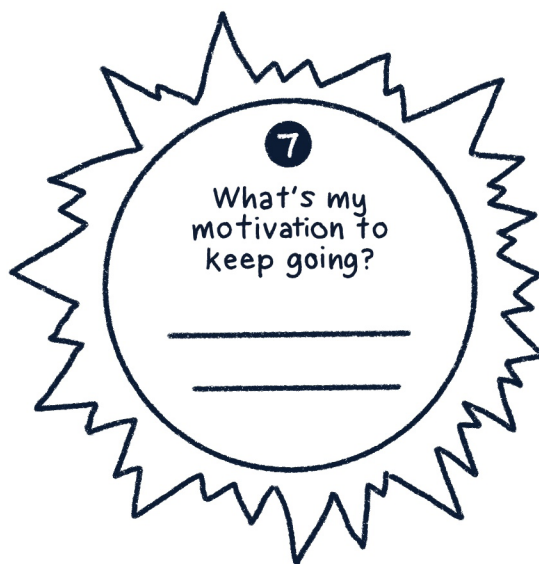
Color me!

Shitstorms are chaotic times of intense stress and frustration. You may have too many things on your plate, personal issues that are making it hard to focus, or situational circumstances outside of your control.

You may feel like you can't get a handle on multiple aspects of your life, or that you just can't catch a break after a series of negative events or upsetting outcomes.

How it works:

1. Pick a task you've been struggling to work on
2. Starting with bubble #1, fill out the prompts
3. Bonus points for coloring!



9 What are the next steps?
