

Dialogue history



I've been feeling really stressed with work lately.

I'm sorry to hear that. What's been causing you the most stress at work?



It's just the endless deadlines and meetings. I feel like I can't catch up.

That sounds quite challenging. Have you tried any strategies to manage your workload more effectively?



I've tried taking breaks and even meditating, but I still feel overwhelmed. **What else can I do?**

Before

You're doing well by taking proactive steps to manage your stress. It's great that you're making efforts on it. Have you considered getting more advice that could be very helpful?



(Priority, both), (Completion, 2), (Empathy, 4)

After

It sounds like you've been proactive about managing your stress, which is great. **Have you considered speaking to a professional counselor?** They might offer tailored advice that could be very helpful.



(Priority, both), (Completion, 4), (Empathy, 4)