

— EF | LAW · STRESS MONITORING TOOL

Executive Frame™
Human first. Then performance.

The pot & gas *worksheet.*

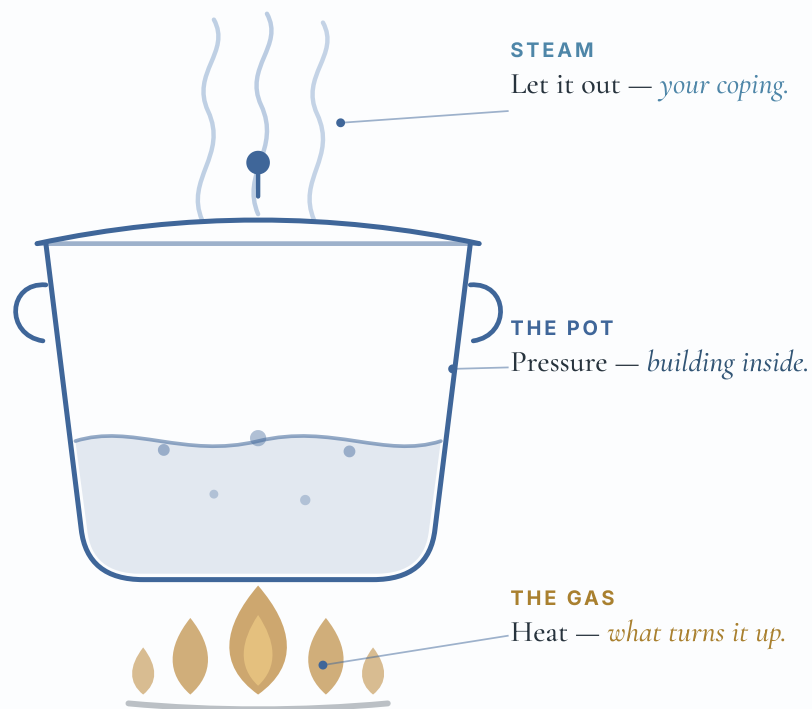
A simple way to keep an eye on your stress. The heat is what's pressing on you. The pressure builds inside the pot. Letting steam out is what keeps it from boiling over. Use this to notice what turns the heat up — and what helps you let it down.

FOR _____

WEEK BEGINNING _____

— THE PICTURE

How the pot *works.*



The heat raises the pressure until you let some steam out. Each stressor turns the gas up; each coping skill lifts the lid.

THE GAS**Your stressors**

The demands, deadlines and friction pressing on you. Each one turns the heat up under the pot.

THE POT**Your emotion**

The pressure that builds inside as the heat rises. Left unchecked it climbs toward boiling over.

THE STEAM**Your coping**

Rest, kindness, asking for what you need. Every skill lifts the lid and lets pressure out.

— STEP ONE**Where's the pot *right now*?**

Circle the number that fits this week — from a gentle simmer to a rolling boil.



1 · Just simmering

10 · Boiling over

WHAT MOVED IT THERE? _____

— STEP TWO**Heat up, or *steam out*.**

Name what's been turning the gas up this week — then what you've used, or could use, to let some steam out.

TURNING UP THE HEAT

Your stressors

LETTING STEAM OUT

Your coping

— FROM TODAY'S SESSION

Agreed *actions*.

01

STRESS MONITORING TOOL

Use this "pot & gas" template to monitor your stress — noticing what raises the heat and what lets the steam out.

02

WORKPLACE COMMUNICATION

Consider talking with Denita about consolidating feedback into scheduled face-to-face meetings, rather than corrections arriving by email through the day.

03

FEEDBACK CLARIFICATION

Consider requesting objective feedback from Denita on your strengths and development areas — a concrete reference point to return to during periods of uncertainty.

04

THOUGHT MANAGEMENT

Practise the "thought stopping" technique. When you notice catastrophic thinking, pause and remind yourself it's a thought, not a fact — and a signal your stress may be running high.

"It's a thought, not a fact."

This worksheet is part of your clinical record and is private to you. It supports — and does not replace — our ongoing work together. Bring it to your next appointment.

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