

Exercise:

Protect Your Mainland

Consider the Mainland as the part of your life that you want to safeguard. The smaller islands are the parts of life that are major stressors for you. How can you reduce the amount of stressors that travel from the smaller islands to the Mainland?



Think about your LIFE, not just work. What's on your Mainland? What's on the islands?

What stressors do you want to keep away from your mainland?

List two ways to keep stressors away from your mainland.

1.

2.



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