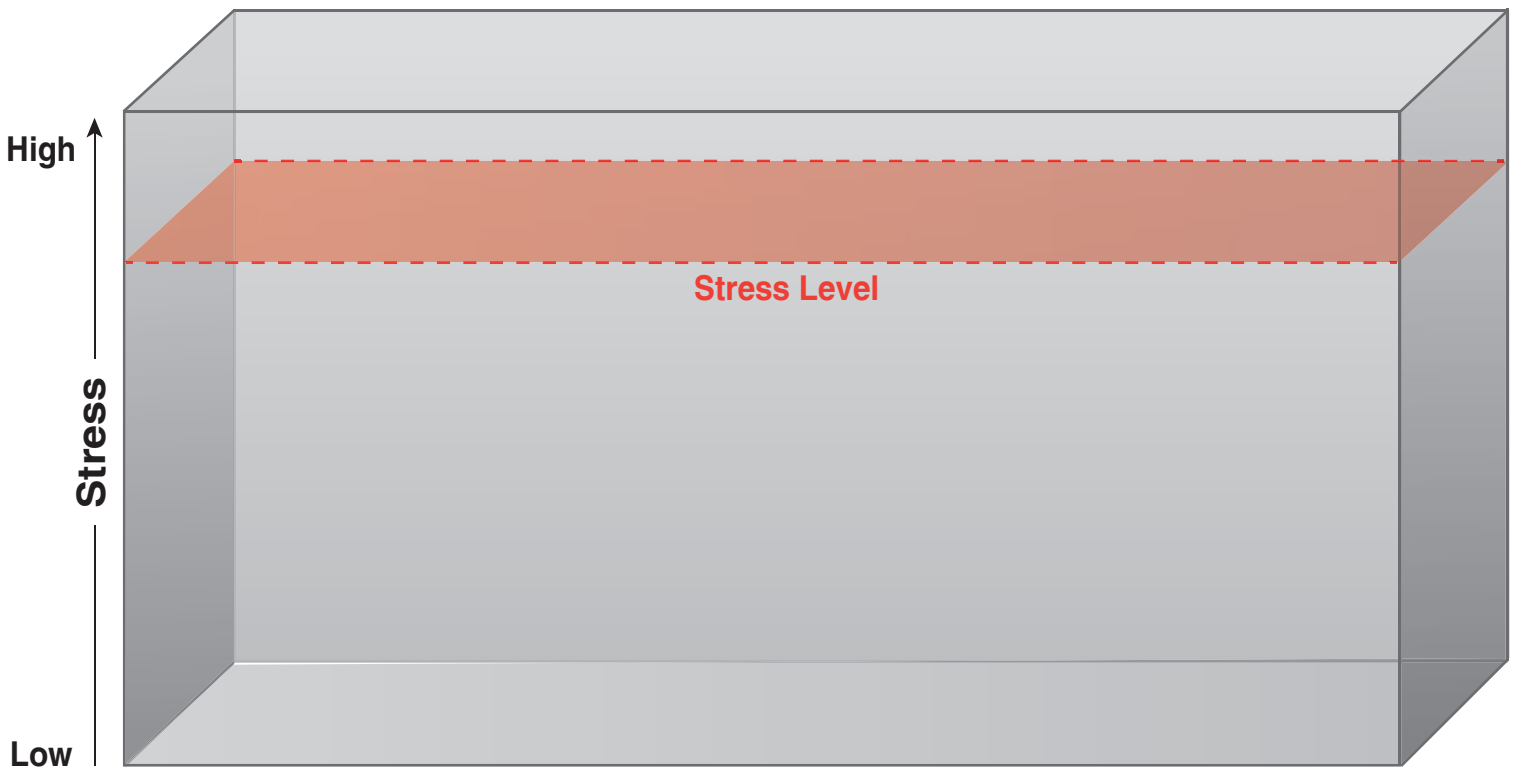
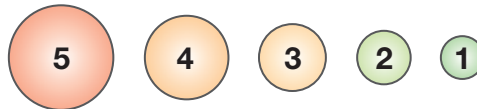


The Stress Effect: The Bubble Graph Model

A Stress Management Tool Created by Dr. Henry L. (Dick) Thompson



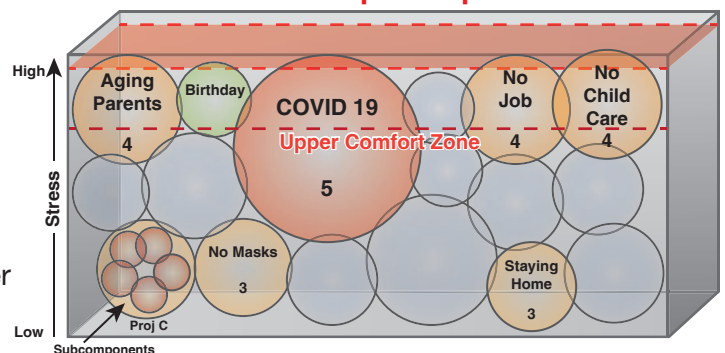
Relative Size:



Instructions

1. **Identify:** Make a list of stressors.
2. **Evaluate:** Rank from the largest, most painful to the smaller, less painful ones.
3. **Prioritize:** Visually prioritize the stressors. Put in categories from 1 – 5 (5 is most stressful).
4. **Plan:** Decide how to mitigate the stressors to keep your stress under control. Some of the larger stressors are made up of smaller parts. Use the Swiss cheese method.
5. **See Sample Graph (right):** Larger bubbles represent most painful stressors. Some bubbles are divided into smaller parts.
6. **Complete:** Create your own Bubble Graph in the open box provided above.

Sample Graph



Continued on Next Page ►

www.thestresseffect.com

www.hpsys.com

Source: Thompson, H. L. (2010). *The Stress Effect: Why Smart Leaders Make Dumb Decisions—and What to Do About It*. San Francisco, CA: Jossey-Bass.

Instructions (Continued)

- 7. **Execute:** Start with the smaller, easier-to-deal-with bubbles. When you pop a small one, your energy level increases.
- 8. **Adapt:** Be ready to reprioritize what to work on to keep your stress under control.

Stressor	Specific Actions	Target Dates

www.thestresseffect.com
www.hpsys.com

Source: Thompson, H. L. (2010). *The Stress Effect: Why Smart Leaders Make Dumb Decisions—and What to Do About It*. San Francisco, CA: Jossey-Bass.



Contact us at info@hpsys.com or call **800.535.8445**
© 2010 Henry L. Thompson, Ph.D.