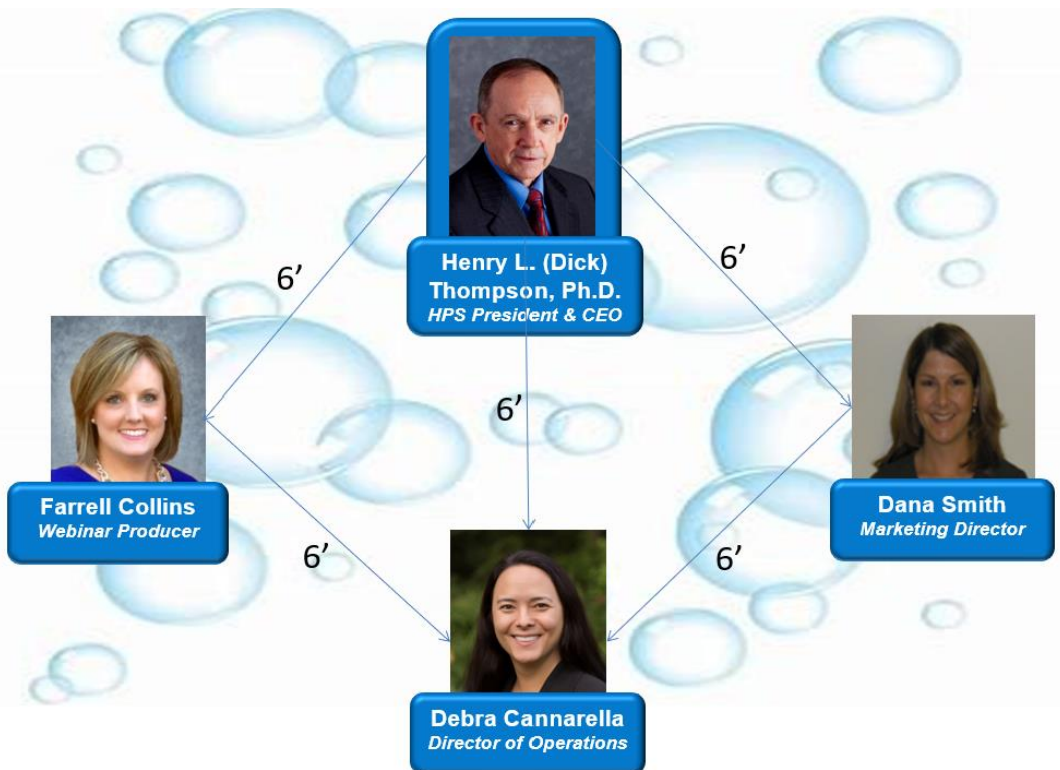


The Stress Effect: The Bubble Model Graph Method  
Handout  
21 APR 2020



# The Stress Effect: The Bubble Graph Method

## Welcome

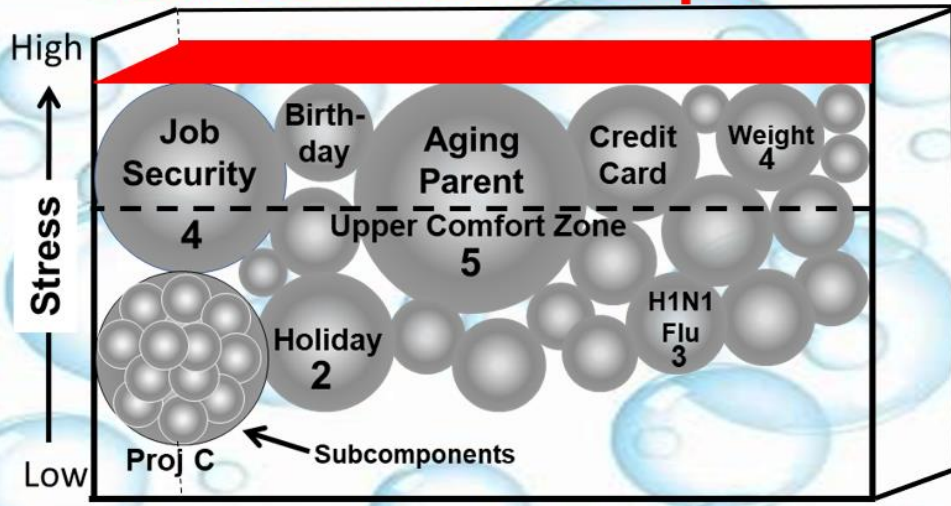


# The Stress Effect: The Bubble Model Graph Method Handout

21 APR 2020



## The Stress Effect: Stress Bubble Graph

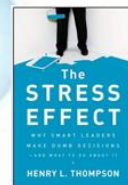


## The Stress Effect Bubble Graph Process

- Identify:** Make a list of stressors
- Evaluate:** Rank from the largest, most painful to smaller, less painful ones
- Prioritize:** Visually prioritize the stressors. Put in categories from 1 - 5.
- 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.



Stressor List	
Difficulty	Stressor
5	COVID-19
5	Elderly Parents
5	No Job
4	No Childcare
4	Remote Classes
3	No masks
2	Isolation



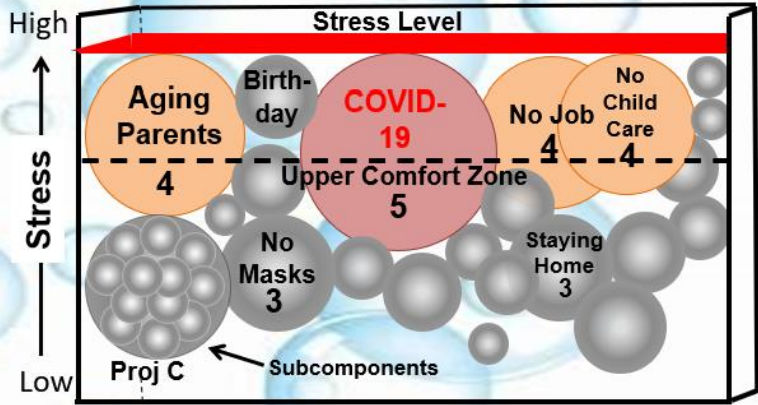
See *The Stress Effect*, p. 187

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# The Stress Effect: How to Use the Model

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



# The Stress Effect:

## Stress Effect Resources

The Stress Effect Webinar Series

COVID-19 Site

ARSENAL

PTSD Site

Summary Sheet

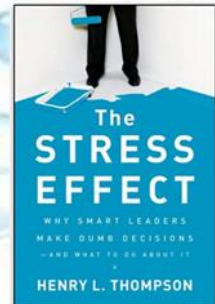
Emotional Intelligence

Self-Development Programs

Jocko Podcast #204, #205, #206

Call us: 706-769-5836

Email [Debra@hpsys.com](mailto:Debra@hpsys.com)



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# The Stress Effect

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# The Stress Effect and Suicide Awareness

