



STAIRWAY OF STRESS

www.stayafloat.com.au

VISITING

Looking forward to something
Plenty of energy
On top of things
Challenged
Sharp, ready

OVERSTAYING

Distracted
Frustrated
Rushed or busy
Procrastinating
Last-minute mindset

SETTLING IN

Skipping exercise or good habits
Running late
Feeling occasionally overwhelmed
Snapping or highly annoyed
Avoiding people or tasks

TAKING OVER

Losing sleep
Drinking, smoking or eating more
Often overwhelmed or out of control
Behaviour change - habit change
People noticing or asking if you're ok

RULING

Significant life impact
Health problems
Constantly sad / angry / fearful
Expecting the worst

THE SIGNS

TIPS + IDEAS

Think about positives
Make plans
Engage with others
Imagine good outcomes
Eat and rest well

VISITING

List 3 things to get done today
Ask for a hand
Take 30 seconds - look out to sea
Do some slow breathing
Do the job you've been putting off

OVERSTAYING

Have a coffee/ refresh
Play a board game
Call a friend to check in
Exercise / step outside
Read a book or watch a movie

SETTLING IN

Tell someone something's up
Take a break, holiday, health day
Book time for an interest
Take a long walk in nature
Talk to a counselor or trusted person

TAKING OVER

Get help
Beyond Blue
Employee assistance
GP / doctor
Other health professional

RULING



STAIRWAY OF STRESS

www.stayafloat.com.au