Handout 1.2: My Stressometer

This will help you highlight where stress occurs in your teaching day and how reactive you are. Keep notes brief. This is meant to support you, not add to your workload!

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| **Time:** 08.15 |
| **Place:** Staff workroom |
| **Activity:** Marking, staff X and Y chatting whilst I’m trying to concentrate and meet deadline |
| **Reaction:** Wound up, agitated inside, frustrated, didn’t say anything, should have! |
| **Scale:**  **1 2 3 4 5 6 7 8 9 10**   |

My Stressometer

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