

My ADAPT Diary

What is the highest source of stress/burnout I feel today?

What negative feelings and physical symptoms am I experiencing?

Which ineffective/unhelpful actions or behaviors am I engaging in?

Which ineffective/unhelpful/extreme/inflexible thoughts do I keep having?

Time to ADAPT

Accept how I feel

Dial it down

Actions to combat stress

Physical retraining to ease my sustained tension

Thoughts to combat stress
