



1) DESCRIPTION OF THE TOOL

This tool is for self-learning and shows that visual aids can be powerful if you are working through a challenging problem. The tool helps you become a critical thinker and facilitates the ability to think critically. It promotes the people-oriented approach and demonstrates that critical thinkers are more self-reflective.

Name of the tool: Critical thinking and stress planning

Time: 15 minutes

Environment settings: Indoor & Outdoor

2) OBJECTIVES OF THE TOOL

- ✚ Identifying main stress factors at the workplace by thinking critically
- ✚ Creating a stress plan using critical thinking
- ✚ Developing self-awareness and practicing critical thinking skills

3) CONNECTION OF THE TOOL WITH THE SKILL

This tool is fully connected with the critical thinking skill because it offers the chance to apply the assimilated knowledge through practice. It is dedicated to self-learning and supports the process of raising awareness of the benefits of critical thinking for the own well-being.

4) RESOURCE MATERIALS

The following resources materials are needed to successfully practice this tool:

- ✓ Stress Planning Worksheet
- ✓ Pen

5) HOW TO APPLY THE TOOL

Step 1: Move your head a little and your whole body slowly. Inhale deeply and breathe deeply.

Step 2: Then sit down and close your eyes. Inhale deeply and breathe deeply. Keep it like this for at least 1 minute.

Step 3: Keeping your eyes closed, imagine a tense situation at work (try to choose a real one). Now open your eyes and start moving slowly around and again inhale deeply and breathe deeply.

Step 4: Start from the tense situation you thought about previously and complete the given Stress Planning Worksheet.

Stress Planning Worksheet

Workplace stressful situation.....

STRESSOR	ACCEPT (What you would accept now, and you couldn't then)	AVOID (What you would avoid now, and you couldn't then)	ADAPT (What you would adapt now, and you couldn't then)	What would you do differently now compared to how you did in the past to deal with the situation?

Reflect on: How do you feel now? Keep doing this every time you need to think critically in stressful situations.

6) WHAT TO LEARN

- Learn how to become aware of your critical thinking skills.
- Learn how to apply critical thinking in stressful situations.
- Learn how to compare past behaviour in a tense (workplace) situation and learn what you would do now if you were to face the same situation again.



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