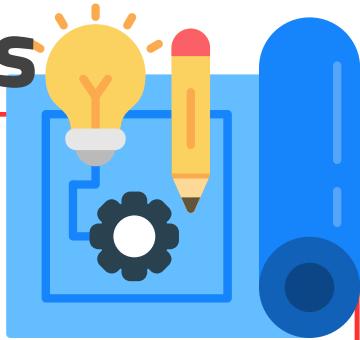


# Compartmentalizing Stress

A practical blueprint you can start today



## Day 1-3: Build Your Mental Framework

- Name your top three stressors
- Label them “Mine to carry” or “Not mine to carry right now”
- Start a parking-lot list for runaway thoughts and leave those thoughts there.

**ACTION:**

## Day 4-7: Structure Your Schedule

- Create three time-blocks each day
- Establish a morning and evening anchor
- Use two 10-minute resets during the week

**ACTION:**

## Week 2: Strengthen Boundaries

- Clarify one work boundary
- Clarify one home boundary
- Choose a consistent “personal admin hour”

**ACTION:**

## Week 3 and Beyond: Maintain and Grows

- Identify your peak focus zones
- Keep practicing mental switching
- Add one recovery moment daily
- Celebrate every small win.

**ACTION:**

*Compartmentalization is a skill that builds over time—but the effects show up immediately.*