

# de-Stress at Your Desk

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## Taking Stock of Resources

re·source

- 1.somebody who or something that can be used as a source of help or information
- 2.a reserve supply of something such as money, personnel, or equipment
- 3.adeptness at finding solutions to problems

re·sour·ces

- 1.an inner ability or capacity that is drawn on in time of need
- 2.a natural, economic, political, or military asset enjoyed by a nation, for example, mineral wealth, labor, capital, or military personnel

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Take a moment to brainstorm one of more of these lists for your day. Consider that your attitude, the people who care about you, and people who may know information you need, are in fact resources you have available to you today.

<b>General Resources to Help Me Through My Day</b>	<b>Resources to Help Me with a Specific Project at Work</b>
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<b>Resources to Help Me with Things at Home</b>	<b>Resources to Help Me with Other Life Requirements</b>
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Who can you ask, or where can you find, the outstanding resources that you need?