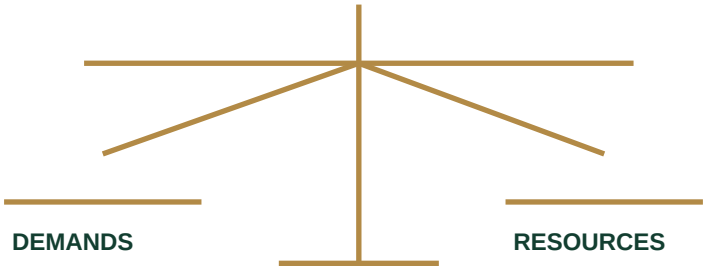
Pressure & Expectations

Understanding demands, capacity and personal wellbeing

Pressure can come from work, relationships, responsibilities and expectations we place on ourselves. When demands exceed our available time, energy or support, even ordinary tasks can become overwhelming.

The demands and resources balance



Pressure is not a measure of personal weakness. Consider both what is being asked of you and what support or capacity is available. Rest, adjustments and asking for help can change the balance.

A first reflection

Which expectations currently feel most difficult to meet?

Mapping My Pressures

Worksheet 1 | See the demands more clearly

External expectations

What are other people, work, family or circumstances asking of me?

Internal expectations

What rules, standards or demands am I placing on myself?

Which pressures are most urgent?

Mark what truly needs attention now, and what might wait.

What Is Within My Control?

Worksheet 2 | Separate influence from responsibility

You may be responsible for some actions without being able to control every outcome. This worksheet helps you identify what you can influence, what you can negotiate and what is not yours to carry.

What I can influence

Decisions, boundaries, pacing, requests for support or small next steps.

What I can ask to change

Deadlines, workload, communication, expectations or practical adjustments.

What is outside my control

Other people’s reactions, uncertain outcomes or circumstances I cannot change alone.

Adjusting Expectations

Worksheet 3 | Replace impossible standards with realistic steps

An expectation I am struggling with

Write it as you normally say it to yourself.

What makes this expectation difficult?

Consider time, health, energy, resources and competing demands.

A kinder and more realistic expectation

What would be achievable without ignoring your needs?

One boundary or request I could make

A sentence you could say or write to someone.

My Pressure-Reduction Plan

Worksheet 4 | A manageable plan to revisit

One demand I can reduce, share or postpone

Choose something practical, not a perfect solution.

Support or resources that would help

People, time, rest, equipment, adjustments or information.

My smallest next step

What can I do within the next day or week?

How I will notice when I need to pause

My warning signs and a supportive response.

Reminder: your capacity can change. A realistic plan is allowed to change with it.