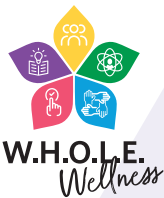


Managing Stress

WITH THE 4 As



What Are The 4 As?

When it comes to stress and adversity, we all make choices. These choices/actions can usually be classified as one of the 4 As.

ACCEPT

Accepting things (and people) you can't change. When you accept that what's causing stress won't change, rather than trying to force it, you can manage the stress more effectively.

AVOID

Avoiding unnecessary stress. Not all stress can be avoided, and it can be unhealthy to avoid stressful situations that require resolution, but when it's appropriate, it can help reduce stress.

ALTER

Altering the external environment in some form so that the stress is reduced or eliminated.

ADAPT

Adapting your internal thought process. The way we think about/frame problems can have an impact on stress level.

Instructions

Think about a specific stressor in your life right now.
How could each of the 4 As (Accept, Avoid, Alter and Adapt) make your stress better or worse?

THIS WILL MAKE MY STRESS WORSE:

MY STRESSOR IS:

THIS WILL MAKE MY STRESS BETTER:
