



My Stressor

How I might make my stress worse:

ACCEPT – Putting the situation in perspective – it is what it is – so that it becomes less personal or stressful.

AVOID – Refocusing away from the stressful situation or person, toward something more positive for you.

ALTER – Shifting your external environment in some way so that the stress is reduced or eliminated.

ADAPT – Changing the way you think about or interact with the source of the stress.

How I might reduce my stress:

