

# The Three A's of Stress Management



## How do you manage stress in your daily life?

### 1. **Avoid needless stress. How?**

Avoid:

- Someone who constantly irritates you
- High traffic by adjusting your schedule
- Taking on additional projects
- Discussions of a controversial topic

**Action:** List some stressors you can avoid.

### 2. **Adapt to situations you cannot avoid, or alter them by changing your thinking, actions or feelings. How can you adapt?**

- Adapt your thinking by:
  - Looking at stress as an opportunity
  - Focusing on the positives in your life
  - Putting the situation in perspective
  - Ask yourself, “How much will this matter in a year?” or “Is this worth getting upset over?”
- Adapt your actions by:
  - Slowing down
  - Seeking information or advice
  - Talking to someone about how you feel
  - Not making matters worse by smoking, drinking or overeating
  - Making time to pursue enjoyable activities
- Adapt your feelings by:
  - Practicing relaxation techniques
  - Exercising
  - Picturing yourself in a pleasant environment (visualization)

**Action:** List some situations you can adapt.

### 3. **Alter situations you can't avoid.**

- You may be able to alter some situations you can't avoid by:
  - Asking someone to change his/her behavior
  - Communicating your feelings clearly
  - Changing the environment
  - Managing time better

**Action:** List some stressors you can alter or change.