

Steps to Stress Management

1. Identify a Stressful Situation



A. Appraisal of the Situation

The perception of the likelihood and magnitude of a potential threat and of our perceived ability to cope with that threat.

B. Availability of Coping Strategies

Depending on how we feel we can cope or deal with a given stressful situation, we feel more or less stress.

2. Strategize About How to Cope with the Situation



In any stressful situation, it is important to ask ourselves "What can I control about this situation?".

If you can control or change these aspects

➤ **PROBLEM-FOCUSED COPING**

If you cannot control or change these aspects

➤ **SELF-FOCUSED COPING**

3. Evaluate Solutions



Evaluate each solution.

List those that are most feasible.

Choose the BEST solution.

4. Plan to Implement the Solution



List the steps involved in implementing this solution and dates when these steps will be actioned.