“ABATE” the stress: understanding the stress response

These are the 4 elements of the stress response:

B - BODY (Physiology)
A - ACTIONS (Behaviour)
T - THOUGHTS (Cognition)
E - EMOTIONS (Affect)

Identifying which element of the stress response will help us understand what purpose it is serving - even though it might be a unhealthy coping strategy.

Healthy Coping Strategies:

- Professional Help
- Exercise
- Mental Fitness
- Play
- Sleep
- Routine
- Social Support