

# "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:



**DIABETES  
CANADA**

[diabetes.ca](http://diabetes.ca) | 1-800-BANTING (226-8464) | [guidelines.diabetes.ca](http://guidelines.diabetes.ca)

Diabetes Canada is making the invisible epidemic of diabetes visible and urgent. Eleven million Canadians have diabetes or prediabetes. Now is the time to End Diabetes - its health impacts as well as the blame, shame and misinformation associated with it. Diabetes Canada partners with Canadians to End Diabetes through education and support services, resources for health-care professionals, advocacy to governments, schools and workplaces, and, funding research to improve treatments and find a cure.

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