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.

2. Strategize About How to Cope with the Situation
   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.
      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.