

MODULE 6

Activity #1 Handout 6.3

Steps to Dealing with “Stress” in a Healthy Way

- 1) When you experience the stress response, make sure you use the right words to describe it. Use the phrase “stress response”. Do not use: “anxiety”, “stress”, “Depression”, “stressed out”, etc.
- 2) Interpret the stress response as positive. For example: “My body and brain are getting ready to take on an important task”, or “I am getting a signal telling me to get ready”.
- 3) Figure out what is causing the stress response. For example: “Why am I feeling the stress response?” or “What is happening in my life that is leading to the stress response?”
- 4) Figure out how to share the problem(s) causing the stress response. Make a plan. One step at a time. Challenge your assumptions. Don’t use all or nothing reasoning. Ask someone for help.
- 5) Apply your solutions to the problem.
- 6) While you are doing all these things, manage your stress response with a stress reduction technique such as Box Breathing.