

## The Four A's of Stress Management

A useful method for managing stress is the "Four A's" method.

- 1) Avoid**
- 2) Alter**
- 3) Adapt**
- 4) Accept**

1. Change the stressor.
  - a. Avoid
    - i. Avoid the stressor.
      1. Choose your surroundings.
      2. Avoid annoying people.
      3. Practice saying "No."
      4. Drop less important tasks that create anxiety.
  - b. Alter
    - i. Alter the stressor.
      1. Politely ask that the person change their behavior.
      2. Share your feelings.
      3. Live more efficiently with time management skills.
      4. Set your boundaries initially.
2. Change your reaction to the stressor.
  - a. Adapt
    - i. Adapt to the stressor.
      1. Adjust your standards.
      2. Reframe the situation.
      3. Practice affirmations.
      4. Choose a wider perspective.
  - b. Accept
    - i. Accept the stressor.
      1. Forgive and release.
      2. Practice positive self-talk.
      3. Discuss things with someone you trust.
      4. Find the lesson in the situation and learn it.