

Learning the major ways of dealing with stress through AAABC

There are three major ways of dealing with stress: **A**lter it, **A**void it, or **A**ccept it by **B**uilding your resistance or **C**hanging your perception.

Alter the source of the stress by changing something.

Problem solving, time management, organizing, and direct communication are ways of altering stress

Avoid stress by leaving the situation or not getting in it from the outset.

Assertiveness, saying “no”, delegating, backing off, and realizing your limits

Accept stress through physical and mental preparation so you can cope with it more effectively.

Build for resistance physically through proper diet, regular exercise, sleep, and mentally by clarifying goals, values, maintain social support, clear communication, and requesting help.

Change your perception by altering irrational beliefs, distortions, and unrealistic expectations and by reframing situations.

AAABC Application

Answer the following questions to decide on the best option to solve the stressful situation

SITUATION:

ALTER: How could you remove the source of stress?

AVOID: How could you get away from or prevent the stress?

ACCEPT: How could you live with the stress

How could you ...

BUILD UP RESISTANCE?

CHANGE SELF PERCEPTIONS?

BEST OPTION:

