

# Managing Stress

## Identify the perceived threat

- What situations are you finding stressful?
- Is it a real or perceived threat?
- Reframe the stressor in your mind.



*"Life is like riding a bicycle.  
To keep your balance, you  
must keep moving."  
-Albert Einstein*

## Start by knowing yourself

- How do you know when you are stressed?
- How do you act/react when stressed?
- Create a list of the positive and negative ways you deal with stress.

## Ask for feedback

- Ask a few people that you trust how they see you coping with stress.
- What are some areas you can improve?
- What are some positive behaviors you can continue?

## Looking outside of you

- Identify a few people that you see coping with stress.
- What are the positive ways they cope with stress?
- Which, if any, of these positive coping skills can you imitate?

## Create a plan

- Choose one behavior that you would like to change.
- Identify two opportunities to implement the behavior each week.
- Discuss your plan with a trusted school mate, co-worker, or friend so that they can help you stay accountable to the change.

## Re-evaluate

- After practicing your positive behavior for a couple of weeks, what went well?  
What can you continue to work on?
- Did you identify new opportunities for change?
- What were barriers to your success?
- Repeat positive behaviors.

## Self-care

- Be patient with yourself, change can be hard.
- Be persistent. Re-evaluate and try again.
- Take care of yourself—body, mind, and spirit.

## Help is available

If you want to learn to cope better with stress, **PCCAPS** is a great place to start. It is a free and confidential service.



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Contact Centerstone Solutions at (800) 766-0068  
to schedule an appointment.