

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.

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.

2 Strategize about how to cope with the situation:

In any stressful situation, it is important to ask ourselves:
“What CAN I control about this situation?”

Problem-focused coping:

If you CAN control or change these aspects.



Self-focused coping:

If you CANNOT control or change these aspects.

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.



For more information visit:

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