

# The 4 A's to Dealing with Stress

When it comes to dealing with stress, the 4 A's can serve as effective strategies to help navigate and manage stressful situations. As we explore each A, make notes about how you can use these guidelines in your life to stop your stress cycle.

## 1 AVOID

The first step is to identify and avoid unnecessary stressors whenever possible. Evaluate your daily routine, commitments, and relationships to determine if there are any stressors that can be eliminated or minimized. Setting boundaries, learning to say no, and prioritizing self-care can help avoid unnecessary stress in your life.



Identify parts of your daily routine that regularly cause you stress:

How can you eliminate or minimize these?

Consider if you have any consistent relationships that are stressors in your life:

Are you able to set boundaries or prioritize to keep these in check?

Identify parts of the situation that you do have control over:

Can you communicate, problem solve or seek support to take action to reduce their impact before the stress begins?

## 2 ALTER

If you can't completely avoid a stressful situation, the next step is to try and alter it. Take a proactive approach by identifying aspects of the situation that you have control over and finding ways to make positive changes. This may involve communication, problem-solving, delegating tasks, or seeking support from others. By taking action to modify the situation, you can reduce the impact of stress.



# 3

## ADAPT

Sometimes, stressors cannot be avoided or altered. In such cases, it's essential to adapt your mindset and approach to better cope with the stress. This involves shifting your perspective, accepting the situation, and focusing on what you can control—your attitude and response. Developing resilience, practicing positive self-talk, and utilizing stress-management techniques like mindfulness or meditation can help you adapt and navigate through stressful circumstances.

How can you shift your perspective to control your attitude and response?



What stress management techniques might be best for you?

What have you identified as a stressor that is beyond your control and unavoidable?

How can you practice coping to find peace and acceptance with the situation?



## ACCEPT

# 4

There are instances when stressors are beyond your control and cannot be changed. In such situations, it's important to practice acceptance. Recognize that some things are simply out of your hands, and attempting to control them will only lead to more stress. Instead, focus on accepting the reality and finding healthy ways to cope and find peace amidst the stress. This may involve seeking emotional support, engaging in self-care activities, or seeking professional help when needed.

The 4 A's take time and practice to create change in your life and stop the stress cycle. If you're struggling to find self-care that works for you, or difficulty in successful coping strategies or want guidance in becoming empowered to be in control of your life...THERE'S MORE!

**Faith Hoskins, Change Coach offers training, personalized coaching, webinars and more advice on her blog at [furtherup.org](http://furtherup.org)**

