

Change the situation		Change your reaction to the situation	
Strategy 1: Avoid the stress	Strategy 2: Alter the stressor	Strategy 3: Adapt to the stressor	Strategy 4: Accept the stressor
Can you say "no"?	Can you ask for help?	Can you think more positively about the situation (find a silver lining)?	Can you give yourself an incentive to complete the task?
Yes No Unsure	Yes No Unsure	Yes No Unsure	Yes No Unsure
Can you alter your behavior to avoid the stress?	Can you schedule your time differently to reduce the stress?	Can you adjust your standards and not seek perfection?	Can you accept that some things are beyond your control?
Yes No Unsure	Yes No Unsure	Yes No Unsure	Yes No Unsure
Can you pare down your to-do list?	Can you delegate some tasks to others?	Can you recognize and reduce self-defeating thoughts you're having ("should," "must")?	Can you see how you would do things differently next time?
Yes No Unsure	Yes No Unsure	Yes No Unsure	Yes No Unsure
Can you avoid or limit your time with the person causing the stress?	Can you communicate your feelings and concerns to the person causing the stress?	Can you understand the perspective of the person causing the stress?	Can you let go of anger and resentment toward the person causing the stress, and move on?
Yes No Unsure	Yes No Unsure	Yes No Unsure	Yes No Unsure