

FOUR 'A'S OF STRESS MANAGEMENT

1. Avert

You don't have to deal with all the stressors all at once. Avert and divert your attention to activities that relax you.

If you already have a lot to do, it is alright to say no.

If you feel tired and need time to rest, it is alright to let your family / friends know you will join them for the next outing.

2. Alter

Change the way you see your situation.

You want to get all your work done, and go for a 30 minute walk this evening.

You can choose not to tidy the kitchen today and do so the next day instead.

You want a good relationship with your family members.

When they remind you not to eat 2 bowls of rice at every meal, you feel irritated.

Tell yourself that they are your family, that they care about you and your health.

