



Three-Step Process for Coping with Stress

- 1. Deal with your emotions. Recognize and manage your emotions (e.g., breathing, counting to 10, stop, walk away).**
 - 2. Identify what is controllable/uncontrollable.**
 - 3. Use the appropriate coping strategy:**
 - a. For these aspects that are NOT controllable:**
 - i. Seek emotional support**
 - ii. Let it go**
 - b. For those aspects that ARE controllable:**
 - i. Problem-solve**
 - ii. Get help**
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