

Handling Stress

1. First step – Calm down (getting below 5 on the stress meter)

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*this doesn't mean we feel all better, or that the stress is gone. It just helps us stay in control of our emotions and we can still think and problem solve

2. Second step – Determine Size of Problem

- This determines the size of my reaction

*This helps me not over react to a small problem

3. Third step – AB Formula

- Accept where you are
- Baby step – **small** goal you set, to move forward and improve.

*This helps me see progress and feel positive about what I am doing.

GOAL: To make it a habit of doing my best in everything I do, everyday! If I do this I will be a successful person!