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**2. What steps am I prepared to take to fix the problem?**

What can you do to fix the problem? Is it out of your control, or is a solution within your grasp? Write down the actions you are prepared to take.

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**3. How will I avoid stress associated with the problem?**

Now, look at what you can do to minimise or avoid stress associated with the problem. For example, you may be able to avoid certain people, places or things. You may be able to stop engaging in certain behaviours.

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## Part 2: Changing the way I think

Sometimes you can't change a stressful situation, but you can change the way you think about it. By changing your reaction, your expectations or your attitude, you can regain a sense of control.

### 1. Choose your reaction

Stand back from stressful situation and ask yourself: "is this something I can change?" Explore your response, and identify the positive steps you can take. Write your thoughts in the space below.

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### 2. Reframe your problem

Take the time to write down how you can view stressful situations from a more positive perspective.

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**3. Adopt an attitude of gratitude**

Reflect on all the things you appreciate in your life, including your own positive qualities and gifts. Take the time each day to write a list of the three things you are grateful for. Start now in the space below.

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**4. What will I let go?**

What are the things in your life that are worrying you that you can't fix? What thoughts do you have that simply waste your time? Write down the things you will let go of, so that you can focus on the things you can change.

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**5. Keep your eye on the big picture**

Spend some time writing down your life goals, vision and values. Then assess each stress against those goals. Does this stress fit in with your big picture? If the answer is no, then it may be time to focus your energy elsewhere.





**4. Learn to forgive**

Write a list of all the anger, bitterness and resentment that is holding you back. Look at each one objectively and decide how you will let this situation from the past go.

<b>What is holding me back?</b>	<b>How will I let this go?</b>

**5. Stay in the present**

Make time each day to practice mindfulness – even if only for a few minutes.



## Part 4: Looking after my body

### 1. Embrace the power of exercise

Commit to doing something works your body for 20 minutes each day. What will you commit to? Make a plan and stick to it. Write down your commitment in the space below.

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### 2. Choose active relaxation

Which relaxation techniques will you embrace? Commit to one, and make a plan for how you will find time each day for active relaxation. Write down your commitment in the space below.

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### 3. Eat well

Good nutrition makes a difference to how we handle stress. What changes are you ready to make to your diet? Write them down, stick them on the fridge and then stick to them!



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**4. Sleep well**

Getting good night's sleep will help you handle the stresses of the following day. How will you get a good night's sleep? Will you avoid caffeine before bedtime? Take a relaxing bath? Dim the lights before going to bed? Remove electronic devices from the bedroom? Make a plan for what will work best for you.

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### **Part 5: Contribute**

Sometimes, we feel caught up in the hurly burly of everyday life, and lose sight of the big picture. At these times, giving others a helping hand can be the best way to get your life back on track.

Write a plan for how you are going to help others in your community – it may be friends or family, or it may be volunteering in the community. You may gain a sense of achievement from helping to plant trees, volunteering in a soup kitchen, lending a hand at your child's school or helping your elderly neighbour with the weekly shopping.

Decide what will make you feel good – and then reach out.

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