Quick technique to use when feeling stressed

The Negative Stress Cycle

- **STOP** - when you notice that you are reacting negatively to stress (anger, tension, annoyance, fear) say STOP either silently or out loud
- **BREATHE** - take 3 slow breaths
- **REFLECT** - now that you are calmer, weigh your options and examine your reaction
- **CHOOSE** - decide your course of action, and prioritize what is most important

Breaking the Negative Stress Cycle

- Relax
- Choose Adaptive Coping Style
- Stress Management Techniques
- Get Centered
- Stop & Breathe
- Reflect
- Reality Check
- Put Things in Perspective