

What do you do to cope with stress? What actions do you take and what attitude do you adopt to reduce your stress or worry?

What have you seen others do to cope with stress or react to stress?

The **A B C** of Stress Management

A	Awareness	Being aware of how you experience stress and what causes your stress.
B	Balance	Discover how much stress you need to perform effectively without feeling overloaded.
C	Control	Increase your awareness and identify your level of balance to help you feel more in control.

Stress And The Perception Of Control

Scott C. Dulebohn



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