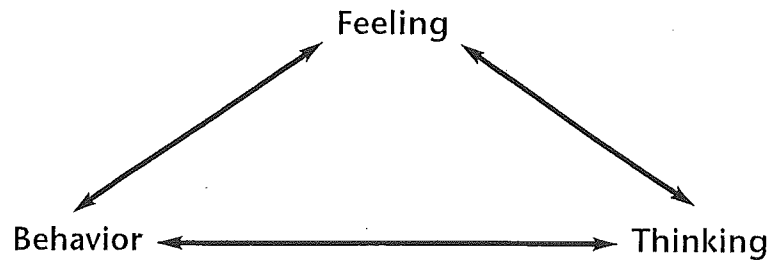


Stress Options



Change in one area will eventually lead to change in the other two.

Stress Options:

A = Avoid it

A = Alter it

A = Accept it

If accept it ...

B = build coping skills in following areas spiritual, mental, family, social, diversions, physical

C = change belief about the stressful event/situation



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