

Stress Vaccination

PREPARATION FOR THE STRESSOR/STRESS-FILLED DAY

- What are things you have to do?
- What can you do to plan for the event(s)?

State:

- I **can** manage the situation
- I **can** regulate my stress
- There are **options** to anger
- There are **options** to disagreement/argument

Take time for a few deep breaths, focusing your attention on the breath and feeling the relaxation course through your body.

CONFRONTING THE STRESSOR

- Time to take a deep breath
- Think: What is my goal here?
- Do I feel muscle tension? Am I feeling upset?
- Anger is a signal of discontent -- what do I need to do?

- Remember, as long as you stay calmer, you're in control
- Don't take incidents personally
- You don't need to yell to be heard
- It's really too bad this person is the way they are

TAKE TIME TO COUNSEL YOURSELF

- If I try a cooperative approach, maybe we'll both be happy
- I'm not going to be a victim, but I'm also not going to be aggressive either.
- I can't always get people to act the way I'd like them to.

- That wasn't as hard as I thought it would be!
- I'm getting better at this all the time!
- I could have been a lot more upset by this.
- Maybe I've been getting too upset for too long, when it wasn't necessary.

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Adapted from Johnson, S. L., Therapist's Guide to Clinical Intervention (Academic Press: San Diego, CA., 1997.), 157.