

# STRESS LESS QUEST

## Wrap-Up Activity

### Apply the Four A's

After you've had time to recognize the strategies to manage stress, you're better able to focus on what you can control. Using the following four options, list the stressors that have moved you to react differently or motivated you to change situations around you.



Avoid

Alter

Adapt

Accept

	1	2	3	4
Stressor				
Physically I feel:				
Emotionally I feel:				
My response is:				
I will choose to: (Pick from the four A's.)				