# ABCs of Stress Management

## A = Accumulate Positive Experiences
- Engage in an activity that makes you feel good/positive/happy
- Do this activity daily - and - on a long-term basis
- Accumulating positive experiences helps us accumulate emotions

**What are some things that can be positive experiences for you?**

## B = Build Mastery
- Engage in an activity that makes you feel confident - and - continue practicing this skill
- Feeling confident in one area can spill over into other areas. When we feel we are good at something, it is easier to face challenges

**What are some things you can do to build mastery?**

**How are the skills you already have helpful for you?**

## C = Cope Ahead
- When you know stress is coming, imagine yourself coping effectively
- Only cope ahead for thing you know are coming (not "what ifs?")
- Steps to cope ahead
  - Describe the situation
  - Imagine the situation
  - Imagine ways of coping effectively
  - Imagine problems that could be barriers to coping effectively
  - Imagine coping effectively with those barriers