

Good stress management is like the Serenity Prayer:

God, grant me the serenity to accept the things I cannot change,
the courage to change the things I can, and the wisdom to know the difference.

Step 1) LIST the stressful things you are dealing with right now. Write the title down.

Examples: Finances, health, upcoming job interview, next week's presentation, family issues.

Job loss - 2 mo. of savings! car payments Corona virus
Kids home fr school car insurance mom's health
John working at home mortgage can't see gf's
Stress & anxiety
Can't sleep
*Put a star by the 3 most stressful areas. @ job search harder w/ kids home

You could also rate the 3 highest stress items - put 1,2,3 next to them.

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Step 2) Pick one of Step 1's items. What can't change, what can change, about the problem?

The stressful situation is: Laid off b/c of COVID-19

First, define the problem. For example: Covid has caused my hours to be cut/financial burden.

What I can't change about it

Global pandemic/Covid-19
How long? What impact?
Unknown
Laid off - temp? permanent?
Bills due, 2mo savings
Bad time to sell stock
Kids' home no day care
hard to look for job
Unknown/uncertain future

What I can change about it

Good support w/ John, family, friends
Eating healthy exercise
Contacting old co-workers
talking to Uncle Jeff - loan? networking
Prayer, meditation, yoga
how I manage stress
breaks, runs self care
Reaching out to other

This model is The Transactional Model of Stress and Coping, by Susan Folkman, Richard Lazarus, Margaret Cheney

keeping busy
updating resume