

DR MICHELA SORENSEN

WHAT IS CAUSING ME STRESS?

What are the things causing me stress?
What do I keep thinking about, worry about or ruminate on?



WHAT CAN I CONTROL?

IN MY CONTROL

OUT OF MY CONTROL



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TAKING CONTROL OF MY STRESS: THE 4 A'S

AVOID

What situations from Table 1 and 2 are causing me unnecessary stress? While avoidance is not always a healthy option, you might be surprised by how many stressors in your life you can eliminate.

AVOID UNNECESSARY STRESS.

ALTER

Think of how you can change the way you communicate or be willing to compromise.

IF YOU CAN'T AVOID A STRESSFUL SITUATION, HOW CAN YOU ALTER IT?

ADAPT

You can regain your sense of control by adapting your expectations and attitude.

IF YOU CAN'T CHANGE THE STRESSOR, CHANGE YOURSELF.

ACCEPT

This will be your second column in Table 2. Sometimes this can be easier said than done, but some tips are:

- try to look for a positive in the situation
- learn to forgive
- acknowledge your feelings, don't ignore or suppress.
- communicate!

ACCEPT THE THINGS YOU CANNOT CHANGE.

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MENTAL HEALTH APPS AND ONLINE RESOURCES

1/ BEYOND BLUE

New Access by Beyond Blue is a free program for anyone who is feeling stressed, anxious or overwhelmed about everyday life issues, such as work, study, relationships, health or loneliness.

<https://www.beyondblue.org.au/get-support/newaccess>

2/ MOODKIT APP

MoodKit is an app designed to help you apply effective strategies of professional psychology to your everyday life.

It can be downloaded from any app store.

3/ REACHOUT WORRYTIME

ReachOut WorryTime allows you to interrupt repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7.

<https://au.reachout.com/tools-and-apps/reachout-worrytime>

4/ THE CHECKIN

beyondblue created this app to help young people help each other. The app guides you through how to approach the topic of mental health, questions you could ask, how to respond and what you could do to best offer support.

<https://www.beyondblue.org.au>

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