

"SUCCESS WITH STRESS"

REPROGRAMMING

Life consistently presents us with changes and these changes create stress. Discovering how we manage life in various situations will allow us to succeed with stress rather than experience *distress*.

Life Situations	"Out with the Old" PATTERNS	"In with the New" COPING SKILLS
1.		
2.		
3.		
4.		
5.		

REPROGRAMMING IS:

recognizing negative thought PATTERNS which lead to unhealthy behaviors, and then...changing your thinking to allow healthier COPING SKILLS to develop.