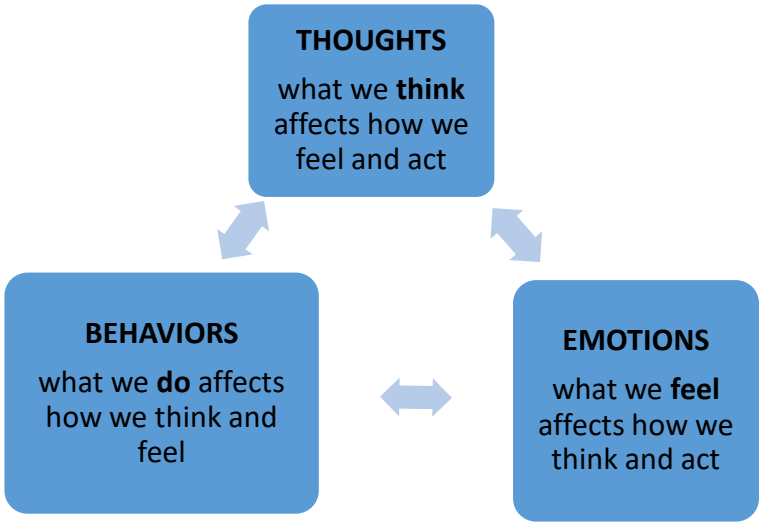
STRESS MANAGEMENT STRATEGIES

Watch your thinking!!

Cognitive-Behavioral Model



We ALL have unhelpful thoughts at times. Unhelpful thoughts can fuel anxiety, depression, anger, frustration, and other emotions. ***"What if" thoughts*** are very unhelpful and cause a lot of anxiety

- **Write down some of your unhelpful thoughts, including "what if" thoughts (i.e. "What if I fail this test?"; "What if I never graduate from nursing school?"; "What if I make a mistake during Clinical?".

- ***Remind yourself that thoughts are NOT facts*** – they are stories we make up!

Focusing on more helpful thoughts will reduce your anxiety.

- **Write down some helpful thoughts (i.e., "I can do this!", "I'm going to do the best I can.", "I'm prepared for this test.").

- It's Important to remember: unhelpful thoughts will return – you may need to unhook from them many times! You haven't failed if unhelpful thoughts return – that's what our brain does!

Unless we stop getting caught up in these unhelpful thoughts and replace them with kinder, more helpful thoughts, we run the risk of being stuck in an emotional loop that keeps us feeling very stressed.