“ABATE” the stress: understanding the stress response

These are the 4 elements of the stress response:

- **B**ODY (Physiology)
- **A**CTIONS (Behaviour)
- **T**HOUGHTS (Cognition)
- **E**MOTIONS (Affect)

Identifying which element of the stress response will help us understand what purpose it is serving—even though it might be an unhealthy coping strategy.

Healthy Coping Strategies:

- Professional Help
- Exercise
- Mental Fitness
- Play
- Sleep
- Routine
- Social Support