

# "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.