

The 5-step stress management process

Step 1: Build awareness

Irritating aspects
of the care situation



Comforting aspects
of the care situation

Step 2: Select a stressor and a goal to achieve

Select a stressor

Step 3: Analyze the situation

Explore

Personal, family and environmental
factors that can influence
perceptions of a stressor



Strategies usually used

An event
↓
A stressor that generally
can be changed

The stress is caused by

or

a perception
↓
A stressor that genera
cannot be changed



Step 4: Select an adjusted strategy and a course of action

↓
Problem solving,
seeking support

↓
Reframing

↘ ↙
Action

Step 5: Evaluate

↖
Goal not achieved

↗
Goal achieved