

Stress management

Testing One Response to a Specific Stressor

Adults | 10 to 15 minutes

Different stressors call for different responses. A brief pause may help with overload, while an unclear task may need clarification and an excessive workload may need organizational change. Choose a response because it fits the situation, not because you should cope better.

Use one stressor from today or this week. Select a feasible action and decide what to observe afterward.

Match the response

Ask whether the need is information, practical help, a boundary, connection, rest, or professional care. Avoid using relaxation to postpone a necessary safety or medical response.

Review without grading yourself

Notice whether the response changed the task, access to support, or your ability to continue. If it did not help, adjust the plan or address a different part of the problem.

1. What particular strain am I responding to?**2. What kind of support does it call for?****3. What action can I try, and what barrier needs an adaptation?****4. What will I observe to decide whether to keep or change the response?****Clinical use and adaptation**

Offer options rather than a universal technique. Account for trauma, accessibility, work conditions, and basic needs. Do not frame a failed strategy as poor motivation or substitute coping practice for addressing ongoing harm.