

# “ABATE” the stress:

## understanding the stress response

These are the 4 elements of the stress response:



**B** BODY  
(Physiology)

**A** ACTIONS  
(Behaviour)

**T** THOUGHTS  
(Cognition)

**E** EMOTIONS  
(Affect)

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

## Healthy Coping Strategies:

