STRESS

Thoughts **Impact** Behavior

Did you know that your thoughts can impact your **behavior?** Stress comes from our perception of a situation. Technically, the actual situation is not stressful; it is our **PERCEPTION** that makes it stressful.

The experience of stress is cyclical and includes thoughts, emotions, and behaviors.

Each component of stress impacts the other. If you can intervene at one of these points, you can stop the cycle of stress.

THOUGHTS
NEGATIVE
"There is no point in even trying!"

BEHAVIORS
REDUCED
Avoid people and situations, become less active.

MOOD/EMOTIONS
LOW
Feel worthless, discouraged.

Sometimes it is easier to start by changing your thoughts, and here is one way to try this:

Practice "Thought Stopping"

Step 1: Notice your thoughts. Are they positive and helpful? Or negative and unhelpful?

Step 2: Use a trigger word to stop a negative and unhelpful thought.

Step 3: Replace that thought with a more helpful thought.

This is what it might look like:

1. You: "There is no point in trying"

2. You: STOP!

3. You: "This situation could be easier if I first talked with a friend, colleague, or other source of support."