

## Do you know the three A's?

In any stressful situation, there are three courses of action: **A**void, **A**lter or **A**dapt.



For example:

**Avoid:** Change the channel when a particular topic comes on the news. Avoid social media posts related to the topic.



If you can't avoid the stressful situation, then:

**Alter:** Plan something interesting or productive to do.



If you can't avoid or alter, then the change must come from within you.

**Adapt:** Think about the positive things in your life. Share your feelings openly with people you trust.

## CHALLENGE



Find a way to avoid, alter or adapt this week in response to stressful situations related to COVID-19.

**YOU CAN, AND WILL,  
GET THROUGH THIS.**