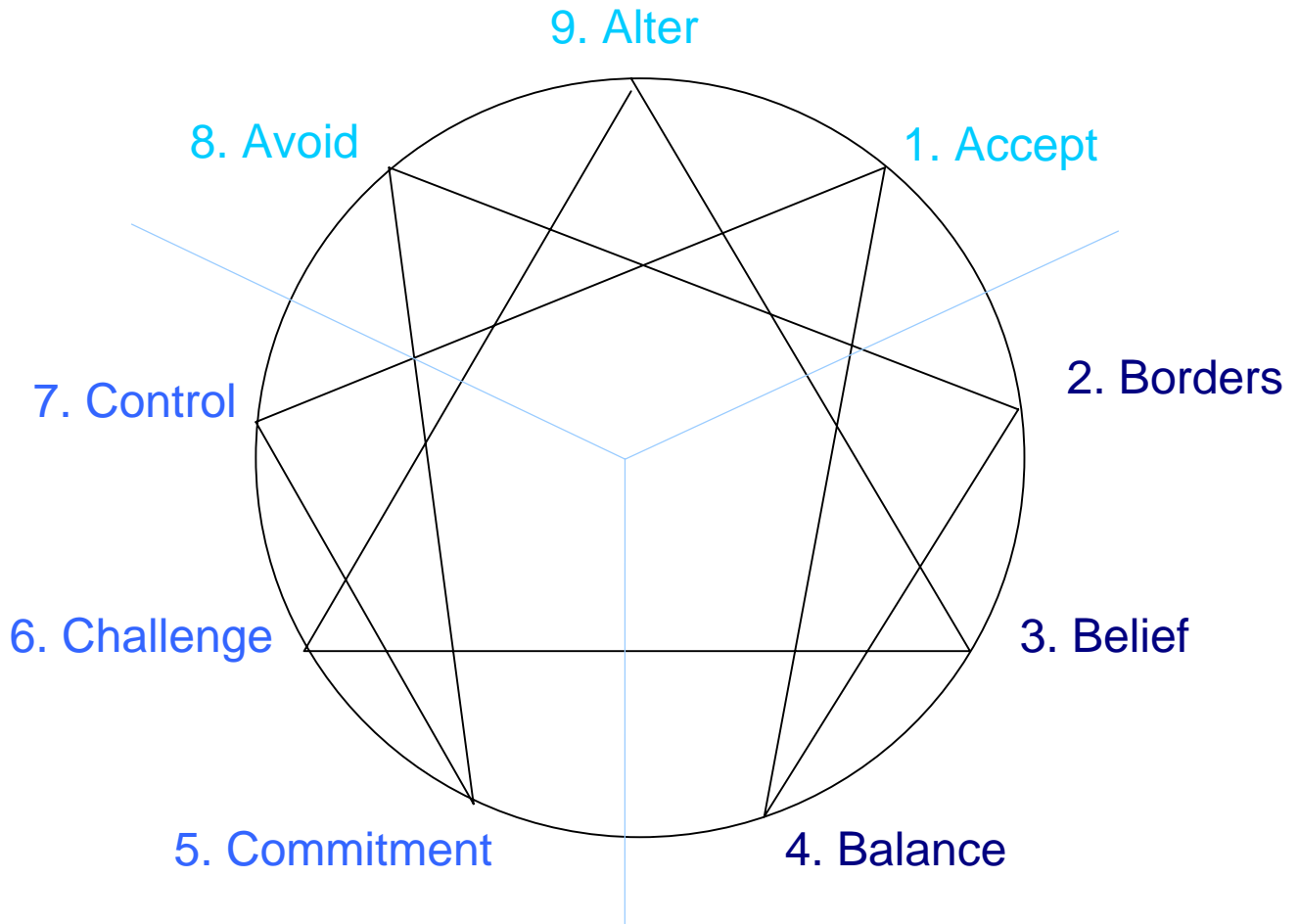


Stress Enneagram

"Why manage the stress, when you can manage the cause?" – **Stephen Forsyth**



Approaches:	Alter	Accept	Avoid
Boundaries:	Beliefs	Balance	Borders
Capabilities:	Control	Challenge	Commitment

- **Alter** stressful circumstances with a sense of **Control** while being conscious of your **Beliefs**
- **Avoid** stressful circumstances with a sense of **Commitment** while being conscious of your **Borders**
- **Accept** stressful circumstances with a sense of **Challenge** while being conscious of your need for **Balance**