

Table 1. Possible self-management strategies for stress problems

Self-management strategies	Examples
Employing self-encouragement statements.	<i>'I have succeeded with worse issues, everyone has a bad day or week tomorrow will be better', or 'nobody's perfect, not even me'.</i>
Changing the perspective	<i>'I don't have to deal with this on my own', 'I can learn from this problem, or I have to accept what I can change (but I can reduce its impact).</i>
Providing reassurance	<i>'Bad times don't last forever', 'helpless thinking makes things worse', 'everyone has a bad day or week' or ' I am a fallible human being just like all other beings'.</i>
Managing strong emotions	<i>Would other people think this issue was so important? ,</i>
Evaluating your present emotions	<i>'Are my feelings over or under the top?'</i>
Considering possibilities for change	<i>'Can I manage this situation differently, 'Should I think about this later rather than employ an immediate strategy?' or 'Should I consider my options before acting?'</i>
Using the power of reflection,	<i>'What did I do well?' or 'What could I have done better?' or 'Should I share my experience with colleagues or family adults?'</i>