

Dealing With A Source Of Stress: What Are My Options?

If the stress or problem is	Something you can change	Something that is not changeable
Constant or chronic	...then take action to change source or environment	...then you can either accept it the way it is or leave
Intermittent	... then build strategies that help compensate for the issue	...then adapt to it or cope with it

Neil Stroul (nstroul@ix.netcom.com), who is on the faculty of Georgetown University's Leadership Coaching program (where I studied coaching) had the great idea to derive this table (well, it's my own version of it) from a reference from the book, *BURNOUT: FROM TEDIUM TO PERSONAL GROWTH*, by Ayala M. Pines, Eliot Aronson, and Ditsa Kafry. The Free Press, New York, 1981. The key pages are 155-164. Neil highly recommends the book when dealing with stress, or dealing with clients under stress.