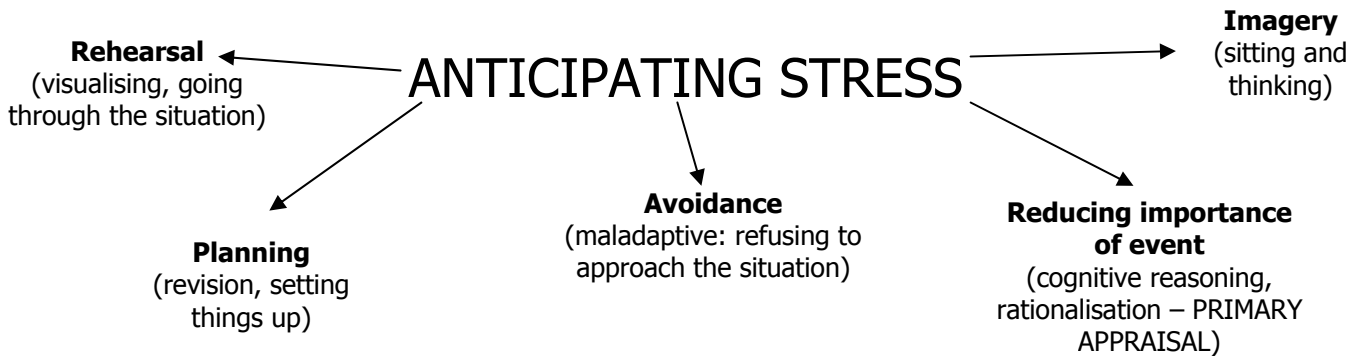


## Psychology: Stress – Anticipating Stress



By anticipating stressful situations, you can prepare for them. This may involve rehearsals, plans to counter stressful contingencies, or avoidance of an unpleasant situation altogether. Stress may also be caused by the size of an event. If this is the case, put it in its proper context within your goals. Where stress arises from uncertainty, ask for information you need. With imagery, you substitute actual experience with scenes from your imagination. Your body reacts to these imagined scenes almost as if they are real. To relax with imagery, imagine a warm, comfortable, safe and pleasant place and enjoy it in your imagination. Imagery can be shown to work by using machines that measure body stress. By imagining pleasant and unpleasant scenes, you can alter/see your body stress change.