

How Do I Cope with Stress?

Directions: Circle at least 2 coping strategies you've used when you were stressed. Give an example of when you used the strategy, explain what you did, and rate how well it worked for you in that situation. If you haven't used any of these strategies, choose at least 2 and describe when you might use the strategy in the future, what you could do, and how well you think it might work.

<p>Make healthy choices.</p> <p>When I used this:</p> <p>What I did:</p> <p>How it worked: <input type="checkbox"/> very well <input type="checkbox"/> fairly well <input type="checkbox"/> not very well</p>	<p>Get support.</p> <p>When I used this:</p> <p>What I did:</p> <p>How it worked: <input type="checkbox"/> very well <input type="checkbox"/> fairly well <input type="checkbox"/> not very well</p>
<p>Understand your feelings.</p> <p>When I used this:</p> <p>What I did:</p> <p>How it worked: <input type="checkbox"/> very well <input type="checkbox"/> fairly well <input type="checkbox"/> not very well</p>	<p>Find ways to relax.</p> <p>When I used this:</p> <p>What I did:</p> <p>How it worked: <input type="checkbox"/> very well <input type="checkbox"/> fairly well <input type="checkbox"/> not very well</p>
<p>Keep a sense of humor.</p> <p>When I used this:</p> <p>What I did:</p> <p>How it worked: <input type="checkbox"/> very well <input type="checkbox"/> fairly well <input type="checkbox"/> not very well</p>	<p>Take action when you can.</p> <p>When I used this:</p> <p>What I did:</p> <p>How it worked: <input type="checkbox"/> very well <input type="checkbox"/> fairly well <input type="checkbox"/> not very well</p>
<p>Resolve or eliminate the source of stress.</p> <p>When I used this:</p> <p>What I did:</p> <p>How it worked: <input type="checkbox"/> very well <input type="checkbox"/> fairly well <input type="checkbox"/> not very well</p>	<p>Identify how to prevent stress in the future.</p> <p>When I used this:</p> <p>What I did:</p> <p>How it worked: <input type="checkbox"/> very well <input type="checkbox"/> fairly well <input type="checkbox"/> not very well</p>