

How Do You Cope With Stress?

People have both positive and negative ways that they deal with stress.

See how many you use—and how often. You might find new, positive ways to deal with stress more often. These tables are reprinted from *Wellness: Concepts and Applications*.*

✓ Check the box that matches how often you use the coping technique.

You can print this form, but any information you typed into it can't be saved for later. Or you can simply print it and then fill it out by hand.

Positive ways to cope	Often	Rarely	Not at all
Listen to music			
Go shopping with a friend			
Watch television, go to a movie			
Read a newspaper, magazine, book			
Sit alone in the peaceful outdoors			
Write prose or poetry			
Attend an athletic event, play, lecture, symphony			
Go for a walk or drive			
Exercise (swim, bike, jog)			
Get deeply involved in some other activity			
Play with a pet			
Take a nap			
Get outdoors, enjoy nature			
Write in a journal			
Practice deep breathing, meditation, autogenics, or muscle relaxation			
Straighten up your desk or work area			
Take a bath or shower			
Do physical work (garden, paint)			
Make home repairs or refinish furniture			
Buy something (records, books)			
Play a game (chess, backgammon, video games)			
Pray, go to church			
Discuss situations with a spouse or close friend			
Other:			

*Used with permission: Anspaugh DJ, et al. (2009). *Wellness: Concepts and Applications*, 7th ed. © The McGraw-Hill Companies, Inc.

Negative ways to cope	Often	Rarely	Not at all
Become aggressive			
Use negative self-talk			
Yell at spouse, kids, or friends			
Drink a lot of coffee or tea			
Get drunk			
Swear			
Take a tranquilizing drug			
Avoid social contact with others			
Try to anticipate the worst possible outcomes			
Think about suicide			
Smoke tobacco			
Chew your fingernails			
Overeat or undereat			
Become irritable or short-tempered			
Cry excessively			
Kick something or throw something			
Drive fast in your car			
Other:			

Scoring Instructions: Count the number of positive and negative coping techniques you use.

Number of positive techniques: _____

Number of negative techniques: _____

- How often do you use negative coping strategies? _____
- Do you use more positive than negative strategies, or the reverse? _____
- Do you see a need to change some of the techniques you are now using? If so, which ones?

- How can you use more positive coping techniques? How can you use fewer negative ones?



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