

## Got Stress? What do you choose?

Check all that apply:



### Shut Down/Give up

- Views stress as a personal failure.
- Stress is excuse for poor self-care, self pity
- Easily overwhelmed
- Chaos
- Guilt, shame
- Depressed, anxious
- Learned helplessness
- Denial about choices
- No support, martyr
- Procrastination
- Self-sabotage
- Feeling worthless
- Victim/defeated

**Extreme stress  
leads to:  
Poor health & illness.  
Mood problems  
Poor self-image  
Bad habits & addiction**

### Healthy Stress Management

#### Balance:

- Views stress as a normal part of life
- Stress viewed as learning opportunity, motivation for change.
- Structure & routine
- Healthy self-care
- Healthy boundaries
- Creates support
- Problem-solves
- First things first
- Embraces opportunity
- Delegates
- Relaxation
- Meditation/prayer

**Balanced coping strategies lead to:**  
Healthy habits  
Positive role modeling.  
Alignment of thoughts, actions, and values to create best life!



### Speed up/Blow up

- Views stress as someone's fault.
- Stress is excuse for aggression toward others
- Blame- focused
- Chaos
- Poor self-care
- Blames, judges
- Perfectionism
- Controlling
- Irritable/anxious/angry
- Impulsiveness
- All or nothing thinking
- Temper tantrums
- Controlling/ bully

**Extreme stress  
leads to:  
Poor health & illness.  
Mood problems  
Bad habits & addiction  
Violence & crime**

## Replace Your Bad Habits with Healthy Coping Skills

*“When we are no longer able to change a situation—  
we are challenged to change ourselves.”* Viktor E. Frankl

**Coping skills:** healthy habits, behaviors, thoughts, resources or tools to assist you in the process of working through painful emotions.

Place a  check in the box of each coping skill you currently practice. Circle the ones you intend to begin using.

- |                                                     |                                                      |                                                       |
|-----------------------------------------------------|------------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Visit a library or museum  | <input type="checkbox"/> Finish those projects       | <input type="checkbox"/> Relax with herbal tea        |
| <input type="checkbox"/> Play a sport               | <input type="checkbox"/> Draw, paint or create       | <input type="checkbox"/> Talk out feelings            |
| <input type="checkbox"/> Bike, hike, walk, jog, run | <input type="checkbox"/> Plan & make healthy meals   | <input type="checkbox"/> Enjoy a bath or shower       |
| <input type="checkbox"/> shovel, ski, skate         | <input type="checkbox"/> Create a budget, pay bills  | <input type="checkbox"/> Write in a journal or diary  |
| <input type="checkbox"/> Use exercise equipment     | <input type="checkbox"/> Rekindle a hobby            | <input type="checkbox"/> Meditate or pray             |
| <input type="checkbox"/> Practice yoga, Pilates     | <input type="checkbox"/> Finish a craft              | <input type="checkbox"/> Have a “good” cry            |
| <input type="checkbox"/> Swim, float, boat, canoe   | <input type="checkbox"/> Clean, de-clutter, organize | <input type="checkbox"/> Practice self-compassion     |
| <input type="checkbox"/> Care for animals           | <input type="checkbox"/> Attend social event         | <input type="checkbox"/> View inspirational movie     |
| <input type="checkbox"/> Do home improvements       | <input type="checkbox"/> Volunteer, join something   | <input type="checkbox"/> Inspirational blog, or tweet |
| <input type="checkbox"/> Plan your calendar         | <input type="checkbox"/> Tutor or mentor             | <input type="checkbox"/> Sing, dance                  |
| <input type="checkbox"/> Tend yard or garden        | <input type="checkbox"/> Attend a support group      | <input type="checkbox"/> Educate yourself             |
| <input type="checkbox"/> Make a “to-do” list        | <input type="checkbox"/> Help someone                | <input type="checkbox"/> Read                         |
| <input type="checkbox"/> Play a game                | <input type="checkbox"/> Appreciate nature           | <input type="checkbox"/> Polish your nails            |
| <input type="checkbox"/> Recycle & donate stuff     | <input type="checkbox"/> Listen to or make music     | <input type="checkbox"/> Take a nap                   |
| <input type="checkbox"/> Plant something            | <input type="checkbox"/> Build social connections    | <input type="checkbox"/> Become a role model          |

### Meditation questions:

1. What motivates you to use the coping strategies you marked in the columns above?
2. What triggers you to slip away from using your best coping skills?
3. How would you like to maintain your healthy coping skills? (Check all that apply):
  - Prioritizing: create time for the most important goals, including relaxation and fun.
  - Accountability: documenting, charting or discussing progress with self and others.
  - Seek support from others who have similar goals and successful intention
  - Create daily, weekly and monthly routines. (Check to see if there is an app for that!)
  - Seek inspiration. Follow role models via internet, biographies, social networking.