



Stress coping strategies I use

	Never	Rarely	Sometimes	Regularly/as needed
1. Take care of my health and well-being				
Eat regular nutritious meals	1	2	3	4
Maintain a healthy sleep routine	1	2	3	4
Exercise regularly	1	2	3	4
Take medications as prescribed	1	2	3	4
Limit my alcohol intake	1	2	3	4
Keep in touch with the people who support me	1	2	3	4
Keep appointments with my doctors and counsellors	1	2	3	4
Balance self-care, productivity, and leisure	1	2	3	4
Be aware of those things I value most	1	2	3	4
Set my priorities in life	1	2	3	4
Attend to my spiritual needs	1	2	3	4
2. Change the situation				
Be aware of the things I can control and make changes in those areas	1	2	3	4
Set goals for change	1	2	3	4
Use assertive communication	1	2	3	4
Know my limits and be able to say “no”	1	2	3	4
Manage my time well	1	2	3	4
3. Change my body’s response to stress				
Be aware of my early warning signs of stress	1	2	3	4
Do deep breathing	1	2	3	4
Use visualization	1	2	3	4
Do a body scan	1	2	3	4
Use Benson’s technique	1	2	3	4
Distract myself with a physical activity	1	2	3	4
Nurture my five senses	1	2	3	4
Talk to a friend about how I feel	1	2	3	4
Meditate/pray	1	2	3	4
Go for a walk	1	2	3	4
Take a time out when I need it	1	2	3	4



	Never	Rarely	Sometimes	Regularly/as needed
4. Change my attitude				
Count my blessings	1	2	3	4
Reassess the threat—is it really that bad?	1	2	3	4
Choose my battles—let others go	1	2	3	4
Give myself credit for the good things I've done	1	2	3	4
Encourage myself with positive self-talk	1	2	3	4
Use affirmations	1	2	3	4
Consider the other person's point of view	1	2	3	4

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Notice your current coping pattern. Look down the column of 1s. These are your underused strategies. Underline the ones that you would like to use more often. Look over the column of 4s. Apart from health and well-being strategies, which we strive to do regularly, most of your 4s may be strategies of habit. Mark those you tend to overuse.

(Inspired by Tubesing & Tubesing, 1983)

REFERENCE

Tubesing, N., & Tubesing, D. (Eds.). (1983). Coping skills assessment. *Structured exercises in stress management* (Vol. 1, pp. 63–67). Duluth, MN: Whole Person Associates.



My stress coping prescription

1. To take care of my health and well-being
2. To change the situation
3. To change my body's response to stress
4. To change my attitude

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