

Healthy Coping Strategies

Cognitive	Emotional	Behavioral
<ul style="list-style-type: none"> ○ Moderation ○ Write things down ○ Make small, daily decisions ○ See the decisions you are already making ○ Give yourself permission to ask for help ○ Plan for the future ○ Get the most information you can to help make decisions ○ Anticipate needs ○ Remember you have options ○ Review previous successes ○ Problem solve ○ Have a Plan "B" ○ Break large tasks into smaller ones ○ Practice, Practice, Practice 	<ul style="list-style-type: none"> ○ Moderation ○ Allow yourself to experience what you feel ○ Label what you are experiencing ○ Give yourself permission to ask for help ○ Be assertive when necessary ○ Keep communication open with others ○ Remember you have options ○ Use your sense of humor ○ Have a buddy with whom you can vent ○ Use "positive" words and language ○ Practice, Practice, Practice 	<ul style="list-style-type: none"> ○ Moderation ○ Spend time by yourself ○ Spend time with others ○ Limit demands on time and energy ○ Help others with tasks ○ Give yourself permission to ask for help ○ Do activities that you previously enjoyed ○ Take different routes to work or on trips ○ Remember you have options ○ Find new activities that are enjoyable and (mildly) challenging ○ Set goals, have a plan ○ Relax ○ Practice, Practice, Practice
Spiritual	Interpersonal	Physical
<ul style="list-style-type: none"> ○ Moderation ○ Discuss changed beliefs with spiritual leader ○ Meditation ○ Give yourself permission to ask for help ○ Practice rituals of your faith/beliefs ○ Spiritual retreats/workshops ○ Prayer ○ Remember you have options ○ Mindfulness ○ Find spiritual support ○ Read Spiritual literature ○ Practice, Practice, Practice 	<ul style="list-style-type: none"> ○ Moderation ○ Give yourself permission to ask for help ○ Take time to enjoy time with trust friend/partner ○ Hugs ○ Healthy boundaries ○ Remember to use "I" statements ○ Use humor to diffuse tense conversations ○ Play together ○ Talk with trusted partner/ friend ○ Apologize when stress causes irritable behavior or outbursts ○ State needs and wants as clearly as possible ○ Practice, Practice, Practice 	<ul style="list-style-type: none"> ○ Moderation ○ Aerobic exercise ○ See doctor and dentist ○ Routine sleep patterns ○ Minimize caffeine, alcohol, and sugar ○ Give yourself permission to ask for help ○ Eat well-balanced, regular meals ○ Drink water ○ Wear comfortable clothes ○ Engage in physical luxuries: spa, massage, bath, exercise trainer ○ Remember to breathe - deeply ○ Take mini-breaks ○ Practice, Practice, Practice