

Healthy Coping Strategies

Cognitive	Emotional	Behavioral
<ul style="list-style-type: none"> • Moderation • Write things down • Make small, daily decisions • See decisions you are already making • Give yourself permission to ask for help • Plan for future • Get the most information you can to help make decisions • Anticipate needs • Remember you have options • Review previous success • Problem-solve • Have a “Plan B” • Break large tasks into smaller ones 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Spend time by yourself • Spend time with others • Limit demands on time & 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, create a plan • Relax • Practice, Practice, Practice
Spiritual	Interpersonal	Physical
<ul style="list-style-type: none"> • Discuss changed beliefs with spiritual leader • Meditation • Practice rituals of your faith/spirituality/beliefs • Spiritual retreats/workshops • Prayer • Remember you have options • Mindfulness • Find spiritual support • Read literature 	<ul style="list-style-type: none"> • Take time to enjoy time with trusted friend/partner • Hugs • Healthy boundaries • Remember to use “I” statements • Use humor to diffuse tense conversations • Play together • Apologized when stress causes irritable behavior or outbursts • State needs and wants as clearly as possible 	<ul style="list-style-type: none"> • Aerobic exercise • See doctor and dentist • Routine sleep pattern • Minimize caffeine, alcohol & sugar • Eat well-balanced, regular meals • Drink water • Wear comfortable clothes • Engage in physical luxuries: spa, massages, bath, exercise trainer • Remember to breathe-deeply • Take mini-breaks