



STRESS COPING STRATEGIES

EVALUATING *existing coping*

Coping mechanisms are the strategies and behaviors you use to deal with challenging situations and emotions

In the space provided below, list the coping mechanisms you typically turn to when you encounter stress. Be honest and thorough in your list. These can be both healthy and unhealthy ways you handle stress. Next to each coping mechanism you've listed, reflect on its effectiveness in managing your stress. Use a scale from 1 to 5, with 1 being 'Not Effective' and 5 being 'Very Effective'.

● Deep Breathing Exercises	1	2	3	4	5
● Physical Activity or Exercise	1	2	3	4	5
● Talking to a Friend or Family Member	1	2	3	4	5
● Journaling or Writing	1	2	3	4	5
● Meditation or Mindfulness Practices	1	2	3	4	5
● Engaging in Hobbies or Interests	1	2	3	4	5
● Seeking Professional Help or Therapy	1	2	3	4	5
● Avoiding the Source of Stress	1	2	3	4	5
● Using Substances (E.g., Alcohol, Cigarettes)	1	2	3	4	5
● Over-eating or Under-eating	1	2	3	4	5
● Procrastination	1	2	3	4	5
● Others (Please Specify) _____	1	2	3	4	5





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PHYSICAL

activity plan

Physical activity is a powerful tool for managing stress and improving overall well-being. Regular exercise has been shown to release endorphins, the 'feel-good' hormones, which can significantly boost your mood and enhance your mental state.

In this activity, you will create a personalized plan for integrating physical activity into your daily life to support your mental health. Follow the steps below:

Assess Your Current Activity Level

Reflect on your current level of physical activity. How often do you engage in exercise or movement, and what types of activities do you enjoy? Write down your observations.

Create A Weekly Schedule

Design a weekly schedule that outlines when and how you'll engage in physical activity. Be mindful of your daily routine and find time for exercise that suits you best.

Reflect on Mental Health

Regularly reflect on how physical activity is impacting your mental well-being. Note any changes in your mood, stress levels, and overall mental health.





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CLOCKWISE

time well spent

Time, once spent, cannot be reclaimed, and how we manage it profoundly influences our daily experiences and emotional state. When time is managed efficiently, it can significantly reduce stress and contribute to a sense of control and accomplishment.

Here, you will develop a personalized time management plan to help you handle tasks, avoid feeling overwhelmed, and create a balanced daily routine



Set Clear Priorities

Identify your most important tasks and responsibilities. What must be accomplished to reduce stress and improve your mental well-being? List these priorities.

Create A Daily Schedule

Consider your daily routine and responsibilities. Ensure that you allocate time to your identified priorities while maintaining a healthy balance between work, self-care, and leisure.





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ASSERTIVE

response plan

Assertiveness means expressing your needs, opinions, and boundaries in a respectful and clear way. It's about standing up for yourself while considering the feelings and needs of others. In conflict resolution, being assertive means addressing issues honestly and directly without being passive or aggressive.

In this activity, you will develop assertiveness skills in conflict resolution to help you express your needs effectively, reduce stress, and maintain healthy relationships

Recall A Conflict

Think of a recent conflict or disagreement you had with someone



Analyze Your Reaction

Write down how you reacted in that situation. Were you too passive or aggressive, or assertive in your response?

Plan for Assertiveness

Consider how you could have responded more assertively while maintaining respect for the other person. Describe how you will react differently in a similar situation next time.

