



Coping Strategies

Following on from the spotlight on stress help sheet, it is useful to highlight helpful coping strategies that may help to reduce stress.

There are a variety of different coping strategies that we may use to try to make ourselves feel better. Which of the below is your 'go to' coping mechanism (tick off as many that you feel apply to you):

Alcohol <input type="checkbox"/>	Exercise <input type="checkbox"/>	Drugs <input type="checkbox"/>	Reading <input type="checkbox"/>	Releasing emotions e.g. crying/ hitting objects <input type="checkbox"/>
Mindfulness <input type="checkbox"/>	Music <input type="checkbox"/>	Talking to someone <input type="checkbox"/>	Smoking <input type="checkbox"/>	
Colouring <input type="checkbox"/>	Watching TV <input type="checkbox"/>	Comfort eating <input type="checkbox"/>	Cleaning <input type="checkbox"/>	Shopping <input type="checkbox"/>
Meditation/ deep breathing <input type="checkbox"/>	Cooking <input type="checkbox"/>	Gambling <input type="checkbox"/>		

Not all of the above are helpful coping strategies, try to split the ones you have ticked into helpful and harmful. Next time you're feeling overwhelmed try to use more helpful strategies to cope and reduce these stress levels:

Helpful Coping Strategies	Harmful Coping Strategies
<i>E.g. Exercise - boosts mood and reduces stress levels</i>	<i>E.g. Alcohol - is a depressant and feel worse afterwards</i>