

## How Do I Cope With Stress?

<p><b>Negative stress reducers: Behavioral</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Excessive alcohol drinking</li> <li><input type="checkbox"/> Drug use</li> <li><input type="checkbox"/> Overeating</li> <li><input type="checkbox"/> Binge eating</li> <li><input type="checkbox"/> Restricting food intake</li> <li><input type="checkbox"/> Compulsive shopping</li> <li><input type="checkbox"/> Shoplifting</li> <li><input type="checkbox"/> Compulsive video gaming</li> <li><input type="checkbox"/> Compulsive sexual activity</li> <li><input type="checkbox"/> Compulsive computer use</li> <li><input type="checkbox"/> Compulsive gambling</li> <li><input type="checkbox"/> Reckless driving</li> <li><input type="checkbox"/> Unusual risk taking</li> </ul>	<p><b>Negative stress reducers: Emotional and social</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fault finding</li> <li><input type="checkbox"/> Blaming others</li> <li><input type="checkbox"/> Being too passive</li> <li><input type="checkbox"/> Worrying</li> <li><input type="checkbox"/> Complaining</li> </ul>	<p><b>Negative stress reducers: Cognitive</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Denial</li> <li><input type="checkbox"/> Ignoring the problem</li> <li><input type="checkbox"/> Imagining the worst</li> <li><input type="checkbox"/> Procrastination</li> </ul>
<p><b>Positive stress reducers: Behavioral relaxation</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Deep breathing</li> <li><input type="checkbox"/> Muscle relaxation</li> <li><input type="checkbox"/> Guided imagery</li> <li><input type="checkbox"/> Autogenics</li> <li><input type="checkbox"/> Biofeedback</li> <li><input type="checkbox"/> Meditation</li> <li><input type="checkbox"/> Yoga</li> <li><input type="checkbox"/> Exercise</li> <li><input type="checkbox"/> Eating a healthy diet</li> <li><input type="checkbox"/> Get enough sleep</li> <li><input type="checkbox"/> Write in a journal</li> </ul>	<p><b>Positive stress reducers: Social and spiritual</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Spend time in nature</li> <li><input type="checkbox"/> Worship</li> <li><input type="checkbox"/> Time with friends</li> <li><input type="checkbox"/> Volunteer service</li> <li><input type="checkbox"/> Be assertive</li> <li><input type="checkbox"/> Learn to say "No"</li> <li><input type="checkbox"/> Prayer</li> <li><input type="checkbox"/> Develop a support network</li> <li><input type="checkbox"/> Forgive</li> <li><input type="checkbox"/> Trust others</li> <li><input type="checkbox"/> Ask for help</li> <li><input type="checkbox"/> Give thanks</li> <li><input type="checkbox"/> Delegate responsibility</li> </ul>	<p><b>Positive stress reducers: Cognitive</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Change your self-talk</li> <li><input type="checkbox"/> Change your perspective</li> <li><input type="checkbox"/> Don't take it personally</li> <li><input type="checkbox"/> Time management</li> <li><input type="checkbox"/> Looking for the positive</li> <li><input type="checkbox"/> Break large tasks down</li> <li><input type="checkbox"/> Acknowledge thoughts</li> <li><input type="checkbox"/> Acknowledge feelings</li> <li><input type="checkbox"/> Be kind to yourself</li> <li><input type="checkbox"/> Believe in yourself</li> <li><input type="checkbox"/> Look for the humor</li> <li><input type="checkbox"/> Focus on one thing at a time</li> </ul>