

How Do I Cope With Stress?

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