

Coping Skills Worksheet II: Healthy Ways to Cope With Stress



In Coping Skills Worksheet I, you learned what life events and situations cause you the most stress. Now that you know what stresses you out, you can find new ways of dealing with your stress.

Instructions

In the first column titled "What is the situation that causes me stress?" fill in the result from the "When I do/perform/am in _____ [situation]" field from Worksheet I. Start with the entries where the stress level is the highest and work your way down the lowest numbers. The first two entries contain examples of coping strategies and ways to adjust your thinking to manage your stress.

What is the situation that causes me stress?	What can I control in this situation? What is it that I cannot control?	How do I cope with this situation now?	How can I cope with this situation to reduce or eliminate my stress?
My boss yells at me.	I can control my reaction to his anger. I cannot control him getting angry with me.	I run to the bathroom and cry, then I eat a candy bar.	I have to realize he's responsible for the way he acts, and I am responsible for the way I act. Next time he gets angry, I will tell him that when he yells at me, it's difficult for me to understand what he's saying, so when he is able to calm himself down, he can let me know what I did wrong and how I can improve. I will also go take a short walk and breathe deeply to calm down.