

## **MALADAPTIVE COPING SKILLS:**

- |                 |                            |                        |                             |
|-----------------|----------------------------|------------------------|-----------------------------|
| ✍ Drinking      | ✍ Hanging onto Anger       | ✍ Obsessions           | ✍ Avoiding responsibilities |
| ✍ Drug Use      | ✍ Inappropriate boundaries | ✍ Shopping over credit | ✍ “Yes, but...”             |
| ✍ Gambling      | ✍ Isolation                | ✍ Over or Under eating |                             |
| ✍ Sex Addiction |                            |                        |                             |
| ✍ Road Rage     |                            |                        |                             |

## **ADAPTIVE COPING SKILLS:**

### **DEEP BREATHING**

- ? In for 5 / out for 10
- ? In through the nose/out through the mouth
- ? Controlled
- ? Breath relaxation in/blow tension out
- ? BUBBLES!!!

### **THOUGHT CHANGING**

- ? It's what we tell ourselves
- ? Awfulizing, depressing, stressing

### **POSITIVE AFFIRMATIONS**

- ? I can trust myself through and through
- ? I am beautiful
- ? Every day in every way I'm getting better and better

### **JOURNALING**

- ? Keep a diary
- ? Write thoughts and feelings

### **PLANNING**

- ? Write lists---cross things off
- ? Stay organized

### **DIET AND EXERCISE**

- ? reduce salt and sugar
- ? take a walk!!!
- ? sweat

### **MUSIC**

- ? relaxation tapes

### **STRETCHING**

- ? Morning and night
- ? Aware of every muscle

### **TALKING**

- ? Friends
- ? Counselors
- ? Pastors

### **CREATE PROPER BOUNDARIES**

- ? Sometimes some distance is needed
- ? Surround self with people who build you up rather than those who tear you down

### **SPIRITUALITY - PRAYER – MEDITATION**

- ? seeking meaning and purpose in human existence

### **HUMOR**

- ? Laughter - endorphins that reduce stress

## SLEEP

- ? Make your bedroom an inviting place to be
- ? Use the bed for sleeping and sex – only
- ? If you do wish to use the bed for a bit of nighttime reading, read only pleasure books in bed – NOY work related reading
- ? Establish a regular sleep-wake cycle.
- ? Maintain a regular sleep schedule – even on weekends
- ? Don't consume caffeinated beverages in the evening.
- ? Don't drink alcohol 2-3 hours before going to bed
- ? Fit in some exercise during the day.
- ? Eat light meals in the evening.
- ? Don't smoke in the evening....or at all.

## APPROPRIATE COMMUNICATION WITH OTHERS

### Sending:

When you \_\_\_\_\_,

I feel \_\_\_\_\_.

I wish \_\_\_\_\_.

### Receiving:

Paraphrase

Open-Ended Questions

Reflection

Once you have identified the causes of your stress, you can then make plans to address them. For example:

<b>Cause of stress</b>	<b>Action that can be taken to reduce stress</b>
Need for time of privacy and solitude not being met	Find a place and a time of day when you can be on your own, or go on a retreat
Lack of fitness	Engage in some sport or fitness activity (may need to consult your doctor)
Unexplained inner feelings of stress	Consult a doctor, and perhaps get referral to an appropriate specialist (e.g. : a counselor or dietician)
Stressful job circumstances	Negotiate different working schedules with your boss
PMS	Consult your doctor about available treatments
Lack of skill to resolve conflict or manage demanding workload	Attend training courses in assertiveness, conflict resolution or time management