**Compulsory activity: identify healthy coping mechanisms**

Look at the grid on the following document:

* Step 1: Which coping mechanism are you already using?
* Step 2: Which mechanisms could be a good alternative if your current mechanisms are not sufficient?

|  |
| --- |
| **Healthy Coping Strategies**  |
| **Cognitive**  | **Emotional**  | **Behavioural**  |
|  o Moderation o Write things down o Make small, daily decisions o See the decisions you are already making o Giver yourself permission to ask for help o Plan for the future o Get the most information you can to help make decisions o Anticipate needs o Remember you have options o Review previous successes o Problem solve o Have a Plan “B” o Break large tasks into smaller ones o Practice, Practice, Practice   |  o Moderation o Allow yourself to experience what you feel o Label what you are experiencing o Give yourself permission to ask for help o Be assertive when necessary o Keep communication open with others o Remember you have options o Use your sense of humour o Have a buddy with whom you can vent o Use “positive” words and language o Practice, Practice, Practice   |  o Moderation o Spend time by yourself o Spend time with others o Limit demands on time and energy o Help others with tasks o Give yourself permission to ask for help o Do activities that you previously enjoyed o Take different routes to work or on trips o Remember you have options o Find new activities that are enjoyable and (mildly) challenging o Set goals, have a plan o Relax o Practice, Practice, Practice   |

|  |  |  |
| --- | --- | --- |
| **Spiritual**  | **Interpersonal**  | **Physical**  |
|  o Moderation o Discuss changed beliefs with spiritual leader o Meditation o Give yourself permission to ask for help o Practice rituals of your faith/ beliefs o Spiritual retreats/workshops o Prayer o Remember you have options o Mindfulness o Find spiritual support o Read Spiritual literature o Practice, Practice, Practice   |  o Moderation o Give yourself permission to ask for help o Take time to enjoy time with trusted friend/ partner o Hugs o Healthy boundaries o Remember to use “I” statements o Use humour to diffuse tense conversations o Play together o Talk with trusted partner/ friend o Apologize when stress causes irritable behaviour or outbursts o State needs and wants as clearly as possible o Practice, Practice, Practice   |  o Moderation o Aerobic exercise o See doctor and dentist o Routine sleep patterns o Minimize caffeine, alcohol, and sugar o Give yourself permission to ask for help o Eat well-balanced, regular meals o Drink water o Wear comfortable clothes o Engage in physical luxuries: spa, massage, bath, personal trainer o Remember to breathe – deeply o Take mini-breaks o Practice, Practice, Practice   |