**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?

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| **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 |

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| **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 |