



# Coping with Stress

Matching coping strategies to the situation



1. Define what causes you stress
2. Identify what is controllable and what is uncontrollable
3. Identify more helpful coping strategies for each aspect.
4. Set goals and priorities

1

What is causing you stress?

---

2

In order to determine the most helpful way of coping with a situation, we need to first determine what aspects of our stress we can control and can't control. Write these down in the columns

✔ Controllable Situations

! Uncontrollable Situations

---

---

---

---

---

---

3

Here is a list of helpful ways of coping with controllable and uncontrollable situations. It is important to use helpful coping strategies because if we don't, we may deal with our stress in a way that may be bad for our physical and emotional health. Less helpful coping strategies include eating poorly, not exercising, drug abuse, etc., and can lead to more stress.

CONTROLLABLE

UNCONTROLLABLE

YOU CAN:

- Seek information
- Set goals
- Make decision
- Resolve conflicts
- Request help
- Focus on activities

YOU CAN:

- Think positively
- Exercise, massage, walk
- Meditate, relax
- Accept negative emotions
- Talk with friends
- Enjoy your hobbies

4

What next steps will you take to deal with stress in the future?

---