

Listing Stressors and Ways of Coping

Purpose: To enhance a sense of your inner strength by developing a framework and intention for the positive coping cycle:

Stress > Evaluate > Cope

1. Write down a list of 5-10 current stressors from personal or home life and work, including any self-generated or internal stressors.
2. List 5-10 ways you cope with these stressors.
3. Circle the healthy, helpful or effective ways to cope from your list. Mark an "X" by the ones that are ineffective or unhealthy.
4. Describe your inner strengths. What will let you slow down, pause, and reflect?
5. Reflect on what happens "in between" the stressors and your effective coping habits. What is it about you that leads you to be positive coping machine?
6. Craft a positive statement about your strengths from your Step 4 list. Write that on an index card or Post-it and place somewhere you'll see on a regular basis.

Stressors	Evaluate- Describe Your Inner Strengths	List Ways You Cope
1		1
2		2
3		3
4		4
5		5
6		6
7		7
8		8
9		9
10		10

Positive Strength Statement: _____

Positive strengths statement examples:

I am or I know how.....

strong • clear • relaxed • mindful • compassionate • ready to greet challenge • open to new experiences • sees the gift when I stumble • ready to move on • able to let go • open to the challenge • acts with integrity • *or any other word or phrase that you like*