

<b>Healthy Coping Strategies</b>		
<b>Cognitive</b>	<b>Emotional</b>	<b>Behavioral</b>
<ul style="list-style-type: none"> <li>o Moderation*</li> <li>o Write things down</li> <li>o Make small, daily decisions</li> <li>o See the decisions you are already making</li> <li>o Give yourself permission to ask for help</li> <li>o Plan for the future</li> <li>o Get the most information you can to help make decisions</li> <li>o Anticipate needs</li> <li>o Remember you have options</li> <li>o Review previous successes</li> <li>o Problem solve</li> <li>o Have a Plan "B"</li> <li>o Break large tasks into smaller ones</li> <li>o Practice, Practice, Practice**</li> </ul>	<ul style="list-style-type: none"> <li>o Moderation</li> <li>o Allow yourself to experience what you feel</li> <li>o Label what you are experiencing</li> <li>o Give yourself permission to ask for help</li> <li>o Be assertive when necessary</li> <li>o Keep communication open with others</li> <li>o Remember you have options</li> <li>o Use your sense of humor</li> <li>o Have a buddy with whom you can vent</li> <li>o Use "positive" words and language</li> <li>o Practice, Practice, Practice</li> </ul>	<ul style="list-style-type: none"> <li>o Moderation</li> <li>o Spend time by yourself</li> <li>o Spend time with others</li> <li>o Limit demands on time and energy</li> <li>o Help others with tasks</li> <li>o Give yourself permission to ask for help</li> <li>o Do activities that you previously enjoyed</li> <li>o Take different routes to work or on trips</li> <li>o Remember you have options</li> <li>o Find new activities that are enjoyable and (mildly) challenging</li> <li>o Set goals, have a plan</li> <li>o Relax</li> <li>o Practice, Practice, Practice</li> </ul>
<b>Spiritual</b>	<b>Interpersonal</b>	<b>Physical</b>
<ul style="list-style-type: none"> <li>o Moderation</li> <li>o Discuss changed beliefs with spiritual leader</li> <li>o Meditation</li> <li>o Give yourself permission to ask for help</li> <li>o Practice rituals of your faith/beliefs</li> <li>o Spiritual retreats/workshops</li> <li>o Prayer</li> <li>o Remember you have options</li> <li>o Mindfulness</li> <li>o Find spiritual support</li> <li>o Read Spiritual literature</li> <li>o Practice, Practice, Practice</li> </ul>	<ul style="list-style-type: none"> <li>o Moderation</li> <li>o Give yourself permission to ask for help</li> <li>o Take time to enjoy time with trust friend/partner</li> <li>o Hugs</li> <li>o Healthy boundaries</li> <li>o Remember to use "I" statements</li> <li>o Use humor to diffuse tense conversations</li> <li>o Play together</li> <li>o Talk with trusted partner/ friend</li> <li>o Apologize when stress causes irritable behavior or outbursts</li> <li>o State needs and wants as clearly as possible</li> <li>o Practice, Practice, Practice</li> </ul>	<ul style="list-style-type: none"> <li>o Moderation</li> <li>o Aerobic exercise</li> <li>o See doctor and dentist</li> <li>o Routine sleep patterns</li> <li>o Minimize caffeine, alcohol, and sugar</li> <li>o Give yourself permission to ask for help</li> <li>o Eat well-balanced, regular meals</li> <li>o Drink water</li> <li>o Wear comfortable clothes</li> <li>o Engage in physical luxuries: spa, massage, bath, exercise trainer</li> <li>o Remember to breathe – deeply</li> <li>o Take mini-breaks</li> <li>o Practice, Practice, Practice</li> </ul>