Stress Management Lesson 4 Worksheet

Learning to Cope with Stress

Directions: Put checks next to the approaches that best fit your style of coping. Then, discuss the long-term effects of each approach you checked.

**Healthy Coping**

* Writing out a positive step-by-step plan
* Taking care of your health
* Doing something helpful for someone else
* Talking about it with a friend, or family member
* Going to a counselor or other professional helper
* Doing something active
* Taking time to relax
* Using humor
* Directing your attention to something constructive
* Using your faith (for example, praying)
* Playing a musical instrument

**Unhealthy Coping**

* Eating too much (or too little)
* Taking it out on someone (or something) else
* Refusing to talk about it with others
* Avoiding (running away or escaping)
* Oversleeping
* Using alcohol/drugs
* Smoking
* Making excuses
* Denying a problem exists
* Hurting yourself physically (or thinking about it)

Discussion Box

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