

Name:

Date:

COPING WITH STRESS

A coping strategy is a technique to help you deal with something that is difficult. Practicing your coping strategies regularly will make it easier to use them to help you in stressful situations.

Describe some coping strategies have you used successfully.

Are there any new coping strategies you would like to try?

Describe a situation in which this coping strategy might help you.

Visualize that strategy making a difference in how you feel.

Commit to using that strategy the next time you are under stress.