

# How Do You Cope With Stress?

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

There are many ways to deal with stress. The table below (reprinted from Wellness: Concepts and Applications\*) lists positive ways to cope. See how many you use to deal with stress. If you have trouble filling out this chart, you may want to track your stress for a few days and then try again.

Click on your response:	Often	Rarely	Not at All
Listen to music			
Go shopping with a friend			
Watch television, go to a movie			
Read a newspaper, magazine, or book			
Sit alone in the peaceful outdoors			
Write prose or poetry			
Attend an athletic event, play, lecture, symphony			
Go for a walk or drive			
Exercise (swim, bike, jog)			
Get deeply involved in some other activity			
Play with a pet			
Take a nap			
Get outdoors, enjoy nature			
Write in a journal			
Practice deep breathing, meditations, autogenics, or muscle relaxation			
Straighten up your desk or work area			
Take a bath or shower			
Do physical labor (garden, paint)			
Make home repairs or refinish furniture			
Buy something (records, books)			
Play a game (chess, backgammon, video games)			
Pray, go to church			
Discuss situations with a spouse or close friend			
Other:			

Now see if you use any of these negative ways to deal with stress.

Click on your response:	Often	Rarely	Not at All
Become aggressive			
Use negative self-talk			
Yell at spouse, kids, or friends			
Drink a lot of coffee or tea			
Get drunk			
Swear			
Take a tranquilizing drug			
Avoid social contact with others			
Try to anticipate the worst possible outcomes			
Think about suicide			
Smoke tobacco			
Eat too much or too little, drink a lot of coffee			
Smoke tobacco			
Chew fingernails			
Overeat or undereat			
Become irritable or short-tempered			
Cry excessively			
Kick something or throw something			
Drive fast in your car			
Other:			

**Scoring Instructions:** Count the number of positive and negative coping techniques you use.

Number of positive techniques: \_\_\_\_\_ Number of negative techniques: \_\_\_\_\_

How often do you use negative coping strategies? \_\_\_\_\_

Do you use more positive than negative strategies or the reverse? \_\_\_\_\_

Do you recognize a need to change some of the techniques you are now using? If so, which ones?

What are some ways in which you can maximize your positive coping behaviors? How can you minimize your negative ones?

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