



IMPROVE YOUR COPING SKILLS

Simple Steps for Reducing Stress

You can reduce stress and enjoy life more by using this worksheet to identify the skills you'd like to develop. Then practice until good coping skills are everyday habits.

Stress Management

People who feel in control of their lives are able to manage their stresses.

I feel in control of these parts of my life: _____

Two people I know who seem in control of their lives are: _____

Four things they do which I can try: _____

Other things I could do to gain control over my own life: _____

Commitment

When you're committed to your own life, stresses are easier to take.

I'm committed to and enjoy these parts of my life: _____

Two people I know who seem to enjoy their lives are: _____

Four things they do which I could try: _____

Other things I could do to help make my life more meaningful: _____

Risk

When you're willing to take risks, life becomes more satisfying. Risks include everything from traveling overseas to getting married.

Three things I'd like to try: _____

Things which would help me try them: _____

I agree to try these two new things this month: _____

I agree to try these two new things this year: _____

Specific Skills

Use this list to help you identify and develop your coping skills. Check those skills you practice regularly. Each month check one to two skills you'll improve.

Physical skills

- eat three meals daily
- exercise at least three times weekly
- avoid smoking
- drink alcohol no more than three times per week

People skills

- ask for help when I need it
- say how I feel
- give and receive love
- say "no" if I need to

Personal management skills

- plan my time well
- be on time
- take "time out" to get perspective
- know how to laugh at life

Action skills

- have hobbies
- feel good about what I do
- let people count on me
- try new things