

Worksheet 2:

Explore Different Coping Strategies

Instructions: After you know what causes you stress, you can find ways to help manage your emotions whenever they arise. You can begin to fill out this worksheet after you have completed Worksheet 1, or if you have a good understanding of what situations cause you stress. The first line contains an example.

What is the situation that causes me stress?	How do I respond to the situation now?	How can I cope with the situation in the future?	Which strategy are you trying?	Rate your stress level out of 10 after using the strategy
High workload at my job	Work through my breaks to get it done	Take walking breaks, talk to my supervisor, delegate some work to others	Take a walk	5