

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 keep a stress journal for a few days and then try again.

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

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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use negative self-talk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yell at spouse, kids, or friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink a lot of coffee or tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get drunk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Swear	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take a tranquilizing drug	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avoid social contact with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Try to anticipate the worst possible outcomes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Think about suicide	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smoke tobacco	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat too much or too little, drink a lot of coffee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smoke tobacco	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chew fingernails	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overeat or undereat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Become irritable or short-tempered	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cry excessively	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kick something or throw something	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drive fast in your car	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Number of negative techniques:

Number of positive 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?

Used with permission: Anspaugh DJ, et al. (2009). *Wellness: Concepts and Applications*, 7th ed. © The McGraw-Hill Companies, Inc.



© 1995-2009 Healthwise, Incorporated. Healthwise, Healthwise for every health decision, and the Healthwise logo are trademarks of Healthwise, Incorporated.

This information does not replace the advice of a doctor. Healthwise disclaims any warranty or liability for your use of this information.