

HEALTHY COPING STRATEGIES		
Cognitive	Emotional	Behavioral
<ul style="list-style-type: none"> o Moderation o Write things down o Make small, daily decisions o See the decisions you are already making o Give yourself permission to ask for help o Plan for the future o Get the most information you can to help make decisions o Anticipate needs o Remember you have options o Review previous successes o Problem solve o Have a Plan "B" o Break large tasks into smaller ones o Practice, Practice, Practice 	<ul style="list-style-type: none"> o Moderation o Allow yourself to experience what you feel o Label what you are experiencing o Give yourself permission to ask for help o Be assertive when necessary o Keep communication open with others o Remember you have options o Use your sense of humor o Have a buddy with whom you can vent o Use "positive" words and language o Practice, Practice, Practice 	<ul style="list-style-type: none"> o Moderation o Spend time by yourself o Spend time with others o Limit demands on time and energy o Help others with tasks o Give yourself permission to ask for help o Do activities that you previously enjoyed o Take different routes to work or on trips o Remember you have options o Find new activities that are enjoyable and (mildly) challenging o Set goals, have a plan o Relax o Practice, Practice, Practice
Spiritual	Interpersonal	Physical

<ul style="list-style-type: none"> o Moderation o Discuss changed beliefs with spiritual leader o Meditation o Give yourself permission to ask for help o Practice rituals of your faith/beliefs o Spiritual retreats/workshops o Prayer o Remember you have options o Mindfulness o Find spiritual support o Read Spiritual literature o Practice, Practice, Practice 	<ul style="list-style-type: none"> o Moderation o Give yourself permission to ask for help o Take time to enjoy time with trust friend/partner o Hugs o Healthy boundaries o Remember to use “I” statements o Use humor to diffuse tense conversations o Play together o Talk with trusted partner/ friend o Apologize when stress causes irritable behavior or outbursts o State needs and wants as clearly as possible o Practice, Practice, Practice 	<ul style="list-style-type: none"> o Moderation o Aerobic exercise o See doctor and dentist o Routine sleep patterns o Minimize caffeine, alcohol, and sugar o Give yourself permission to ask for help o Eat well-balanced, regular meals o Drink water o Wear comfortable clothes o Engage in physical luxuries: spa, massage, bath, exercise trainer o Remember to breathe – deeply o Take mini-breaks o Practice, Practice, Practice
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Checking Your Basic Needs¹			
Basic Self-Care Needs	Yes	No	Goal
Do I usually get enough sleep?			
Do I usually eat something fresh and unprocessed every day?			
Do I allow time in my week to touch nature, no matter how briefly?			
Do I get enough sunlight, especially in wintertime?			

¹ Adapted from The Woman’s Comfort Book (Louden, 1992)

Do I see my medical practitioner at least once a year?			
Do I see a dentist every six months?			
Do I get regular sexual thrills?			
Do I get enough <i>fun</i> exercise?			
Am I hugged and touched amply?			
Do I make time for friendship? Do I nurture my friendships?			
Do I have friends I can call when I am down, friends who really listen?			
Can I honestly ask for help when I need it?			
Do I regularly release negative emotions in a healthy manner?			
Do I forgive myself when I make a mistake?			
Do I do things that give me a sense of fulfillment, joy and purpose?			
Is there abundant beauty in my life?			
Do I allow myself to see beauty and to bring beauty into home and office?			
Do I make time for solitude?			
Am I getting daily or weekly spiritual nourishment?			
Can I remember the last time I laughed until I cried?			
Do I accept myself for who I am?			