

COPING STRATEGIES

- Resilience Worksheet -

In the table below list some situations that have a negative impact on you and your health. In the second column list coping strategies that you currently use and then list some that you could try

Situation	Coping Strategy

(Check the Coping Strategy and Self-Management examples on the next page for some extra ideas).

Coping Strategy & Self-Management Examples:

<p>Relaxation</p>	<ul style="list-style-type: none"> - Take a nap or a hot bath, - Curl up and read or listen to a good book, - Watch a funny film, - Get a massage, - Start a small garden or grow indoor plants, - Do crafts i.e., knitting, pottery, art, - Watch a favourite TV show, - Look at water – a lake or the ocean or a fountain, - Put your head on your desk and close your eyes for 5 minutes, - Vigorously shake your hands and arms for 10 seconds
<p>Distraction</p>	<ul style="list-style-type: none"> - Make plans for what you will do when the unpleasant activity is over e.g. if climbing stairs is uncomfortable think about what you will do once you are at the top. - Think of a person's name, a flower, or an animal for each letter of the alphabet, - Count backwards from 100, - Practice the STOP technique – if you find yourself worrying or entrapped in a negative thought cycle stand up suddenly, shout stop and slap the table or your thigh. With practice you will be able to break the cycle without standing and in a calm voice.
<p>Practicing Thankfulness</p>	<ul style="list-style-type: none"> - Write and deliver a letter of thanks, - Acknowledge at least 3 good things every day, - Make a list of the things you take for granted, - Start a scrapbook of things that make you happy – hopes and dreams.
<p>Compile a List of Strengths</p>	<ul style="list-style-type: none"> - Write down strengths or achievement and use these as positive affirmations and reminders.
<p>Put Kindness into Practice</p>	<ul style="list-style-type: none"> - Help someone with a heavy load or open a door for the person behind you. - Send an anonymous gift to someone who needs cheering up. - Offer to help a friend or a family member. - Tell positive stories you know about helping and kindness.