

MY COPING SKILLS

stress



1.

Can you identify the source of your stress? For example: Are you having trouble managing your time? Do you need to prioritize differently? Do you need better organization skills?

2.

Identify tasks that are “must do’s” vs. “want to’s”. Create a timeline of when tasks need to be completed.

3.

Make a daily and/or weekly schedule to identify when tasks need to be completed to stay organized.

- Use an app or purchase a planner.
- Give yourself enough time to complete each task.
- Break tasks into smaller steps if it helps.

4.

Evaluate what is on your schedule. Write down the activities that are most important. Identify any unnecessary or insignificant activities or responsibilities that you can eliminate.

5.

List three people who you can talk to for help when you are stressed or overwhelmed.

6.

Schedule some leisure time into your day. Write down three activities that you can do daily to relax (e.g., reading, yoga, doing a crossword puzzle, watching a video).

*Remember: The key is to find several options that work for you in various situations. Sometimes, you need to switch up and try different coping skills to find one that works best.