

Tactics for Coping with Stress Inventory

Before you embark on a program of change, it is important to consider how you are currently managing your stress.

Instructions: Listed below are some common ways of coping with stressful events. Mark those that are characteristic of your behavior or that you use frequently.

- _____ 1. I ignore my own needs and just work harder and faster.
- _____ 2. I seek out friends for conversation and support.
- _____ 3. I eat more than usual.
- _____ 4. I engage in some type of physical exercise.
- _____ 5. I get irritable and take it out on those around me.
- _____ 6. I take a little time to relax, breathe, and unwind.
- _____ 7. I smoke a cigarette or drink a caffeinated beverage.
- _____ 8. I confront my source of stress and work to change it.
- _____ 9. I withdraw emotionally and just go through the motions of my day.
- _____ 10. I change my outlook on the problem and put it in better perspective.
- _____ 11. I sleep more than I really need to.
- _____ 12. I take some time off and get away from my working life.
- _____ 13. I go out shopping and buy something to make myself feel good.
- _____ 14. I joke with my friends and use humor to take the edge off.
- _____ 15. I drink more alcohol than usual.
- _____ 16. I get involved in a hobby or interest that helps me unwind and enjoy myself.
- _____ 17. I take medicine to help me relax or sleep better.
- _____ 18. I maintain a healthy diet.
- _____ 19. I just ignore the problem and hope it will go away.
- _____ 20. I pray, meditate, or enhance my spiritual life.
- _____ 21. I worry about the problem and am afraid to do something about it.
- _____ 22. I try to focus on the things I can control and accept the things I can't.

The even numbered items tend to be more constructive tactics and the odd numbered items tend to be less constructive tactics for coping with stress. Congratulate yourself for the even numbered items you checked. Think about whether you need to make some changes in your thinking or behavior if you checked any odd numbered items.