

## COPING STRATEGIES

What is your standard “go to” coping strategy for dealing with stress?

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Come up with a few new positive alternative coping strategies:

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Can you commit to use one of these new coping strategies?    YES    NO

If no, what do you need to do to agree to try out a new strategy?

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Commit to try something new. This is a mindset. If you think your old strategy is somehow too strong for you to shift, imagine it shrinking down in size...waaay down, to the size of a small toy. Give your new strategy lot of power, like you can plug it in to a strong circuit. Feel this in your body, ready to shift the next time you need it.