

Positive Coping Methods List

1. Anticipate problems

- Identify when a problem is coming your way and prepare how you will respond to it and how you will solve the problem.

2. Identify Stress Triggers

- Pay attention to what situations, thoughts or feelings make you feel stressed. You can learn to anticipate and cope better when you have a plan.

3. Breathe

- Practice deep breathing. As you inhale, count to four slowly while thinking calm, peaceful thoughts. On the exhale, empty yourself of stressful feelings, again counting to four. Do this several times, noticing yourself becoming more relaxed.

4. Make time for yourself

- Find time in your day, just for you. Use it to do something you enjoy. You deserve it.

5. Practice healthy eating habits

- Food is fuel to nourish your body and your mind. Try to drink 6-8 glasses of water, and watch your caffeine intake. Eat whole grains, and fresh fruits and vegetables. When you are well, it is easier to cope.

6. Be Positive

- Positive thoughts give you energy and hope. Sometimes, we concentrate on what's wrong and miss what's working in our lives. Positive thinking leads to positive solutions.

7. Relax

- It is okay to do nothing. Turn off noise. Give yourself permission to let go, and soon your battery will be recharged. Relaxed, muscles send a message to the brain that "everything is going to be okay."

8. Sleep

- Your body needs up to eight hours of sleep for optimal functioning. Take naps when you need to. Rest will help you feel prepared and strong enough to deal with problems.

9. Be organized

- Get rid of clutter, write down a schedule and make plans in advance. Being organized will allow you to anticipate and eliminate needless stressful situations.

10. Exercise regularly

- Aim for 20 minutes of exercise, walking or running daily. It is a great stress buster and makes you much healthier and improves your mood.

11. Identify your sources of support

- Find out who you can count on. Avoid isolation. We are social beings – you need people in your life that you can trust. Create your own circle of support. Turn to others to talk, vent and problem solve

12. Have a sense of humour

- Being able to laugh can distract you from your problems and also can take some of the sting out by turning stress to feelings of pleasure.