

Personal Coping Responses to difficult situations

	STRATEGIES	√ those you tend to use √√ if you use the response frequently
A	Try to avoid confrontations	
A	Do nothing and carry on as usual	
P	Force yourself to slow down / take a long-term view	
P	Take physical exercise	
DA	Check whether other people are feeling the same way	
A	Think of good things in the future	
DA	Try to find out more about other approaches to the situation	
P	Rationalise the situation/try to get perspective where you can	
P	Try to see humour in the situation	
DA	Discuss the situation with others	
DA	Let people know how you are feeling / if you are struggling	
P	Reassure yourself that everything will turn out OK	
A	Mentally and emotionally withdraw	
P	Use holidays to recuperate	
DA	Get support/advice from people you trust/respect	
DA	Ask for help	
P	Choose to "take one day at a time"	
DA	Reassess key priorities, both personal and professional / make a plan	
P	Get absorbed in something you enjoy	
A	Try to forget about work when the day is finished	
P	Take extra care of yourself- eat well / try to build some to relax	
DA	Make sure people know you are doing your best	
P	Get rid of tension by expressing your frustration in a safe environment	
	Any other strategies you find helpful?	

Explanation

A	Avoidant strategies – choosing not to actively deal with the situation
DA	Direct Action – choosing to act directly to improve the situation
P	Palliative – doing things to make the situation feel better

So, reflect on what you currently do to help you to cope and on whether you need to make any changes/additions to your strategies.

The aim is to extend your repertoire of behaviours and strategies so you can learn to be effective at managing stressors in a wide variety of situations.

So, for example, if you often use Avoidant Strategies, you might consider how you might introduce Direct Action/Palliative strategies to improve your coping responses.