



COPING STRATEGIES TO SUPPORT YOUR WELLBEING

WE ALL USE STRATEGIES TO DEAL WITH STRESSFUL SITUATIONS OR DIFFICULT DEMANDS. THESE STRESSORS CAN BE BOTH INTERNAL (WHAT HAPPENS WITHIN US) OR EXTERNAL (WHAT HAPPENS TO US).

TYPICALLY WE EACH HAVE 3-4 GO-TO STRATEGIES THAT WE RELY ON. THESE COME FROM WHAT WE WERE TAUGHT GROWING UP AND HOW WE WERE SOCIALIZED WITHIN DIFFERENT ENVIRONMENTS AND CONTEXTS.



BALCONY STRATEGIES

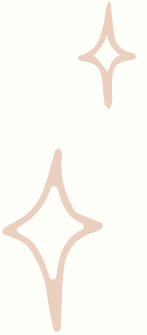
ONGOING STRATEGIES THAT ESTABLISH HEALTHY HABITS.

- LONG-TERM
 - TAKE TIME AND PRACTICE
 - KEEP US IN THE PRESENT
- PROVIDE OPPORTUNITIES TO ACTIVELY WORK TOWARDS SOLVING PROBLEMS.



LOOKS LIKE

- GIVING BACK
- HUMOUR
- POSITIVE THINKING
- MINDFULNESS
- SOCIAL SUPPORT
- GOAL SETTING
- EXERCISE



LOOKS LIKE

- AVOIDANCE
- RUMINATION
- GOSSIP
- SUBSTANCE USE
- ISOLATION
- DOING THINGS TO EXCESS
- DENIAL



BASEMENT STRATEGIES

QUICK WINS THAT MAKE US FEEL GOOD IN THE MOMENT.

- SHORT-TERM
 - TEMPORARY DISTRACTION
 - INSTANT GRATIFICATION
- DO NOT TARGET/ADDRESS ROOT OF STRESSOR OR PROBLEM.



GOAL SETTING FOR BETTER COPING

IF YOU'RE LOOKING TO MODIFY OR IMPROVE YOUR COPING STRATEGIES, IT CAN BE HELPFUL TO DO SOME PLANNING AND GOAL SETTING IN ADVANCE.



WISH

WHAT IS A FEASIBLE GOAL OR WISH THAT YOU HAVE RELATED TO COPING?



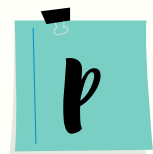
OUTCOME

WHAT IS THE BEST OUTCOME YOU MIGHT EXPECT IF YOU FULFILLED THIS WISH?



OBSTACLE

WHAT ARE THE MAIN OBSTACLES THAT COULD GET IN THE WAY OF ACHIEVING YOUR WISH?



PLAN

WHAT CAN YOU DO TO PLAN FOR OVERCOMING THESE OBSTACLES?