

Tips for Coping with Stress

1. Reach out to others.
2. Get the help you need from friends, relatives, doctors, clergy, counselors.
3. Eat healthy meals.
4. Avoid drinking it out.
5. Can't sleep? Utilize relaxation techniques.
6. Give yourself permission to feel rotten for a while and share that feeling with others.
7. Give yourself permission to take appropriate time to work the critical incident through.
8. Keep your sense of humour.

Coping Strategies

1. Acknowledge your emotions as normal reactions to an abnormal situation – it is okay to feel whatever you are feeling.
2. Talk it out! Talking about your emotions helps let them go.
 - Reduces emotional intensity
 - Helps you to define what you are feeling and clarifies things in your own mind
 - Helps you have more control over your emotions
3. Blaming yourself for the things beyond your control may be a way of feeling in control. Realize that you cannot always control everything that is happening around you, but you can control your response to the situation.
4. Feel you made a mistake. When you look back at the situation you can only come to one of three solutions:
 - You did the right thing. ALL RIGHT!
 - You did the wrong thing. LEARN FROM IT!
 - You did the best you could. GREAT!
5. Dealing with fear and vulnerability:
 - Understand and accept that you probably experienced or are experiencing tremendous fear and are confronted with your own or someone else's vulnerability.
 - Realize that your fear comes from the perception of danger and is not a sign of weakness.

- Fear can be utilized to exercise caution, be alert and mobilize your strengths.
- You may have a heightened sense of danger and things may look different and feel different for a while.

6. Pay attention to balancing your life between:

- Work
- Intimacy
- Social
- Recreation/hobbies
- spiritual