



ENLIGHTEN EXERCISE #8

How I Cope with Work and Life Stress

All of us react to stress based on the situation and our personality or style. Use the questions below to summarize how you typically respond to work and life stress, pressure, and challenge. Which techniques do you typically use when you are under stress (*check all that apply to you*)?

Positive Appraisal

- Look at things optimistically, rather than pessimistically.
- Use humor in the situation to lessen the impact of the stress.
- Emphasize the advantages, benefits, and consequences.
- Focus on happier times and situations.
- Use positive self-talk and avoid catastrophic thinking.

Negative Appraisal

- Focus on the worst-case scenario.
- Blame and criticize yourself.
- Bring it up and talk about it excessively without closure.
- Blame and criticize the situation or others for the problem.
- Avoid dealing with the situation all together.
- Shut out and repress emotions to avoid the hurt and pain.

Problem-focused Coping

- Get exercise to clear my mind and get energized.
- Seek social support to express my feelings and emotions.
- Take charge of the things I can control.
- Seek spiritual guidance or use my beliefs to get through the stressful situation.
- Seek information to better understand my issues and challenges.
- Get adequate sleep to energize my battery.
- Give gratitude for what I have in life.
- Practice forgiveness with others.