Identify Your Coping Strategies

There are three main types of coping strategies, problem-, emotion-, and meaning-focused. Each of these types of strategies serve a different function. Consider the primary coping strategies you use. Are these strategies meeting your needs? What are some new coping strategies you would like to incorporate into your life? If you are particularly strong in one type of strategy, consider the other types and identify some strategies you would like to practice.

Problem-focused coping strategies are directed at changing the stressful situation. Some examples of problem-focused coping include active coping, planning or problem-solving, and information seeking.

- » Set realistic daily goals
- » Make decisions as needed
- » Create a crisis plan
- » Seek accurate information
- » Stay in contact with healthcare providers
- » Ask for help when you need it
- » Let others know what you need
- » Solve conflicts as they arise

My Coping Strategies

Current:

New:

Emotion-focused strategies are directed at changing the way you think or feel about the stressful situation. Examples of adaptive emotion-focused strategies include seeking social support, sharing feelings, positive reframing, engaging in self-care activities.

- » Practice daily relaxation
- » Pray, meditate, or find comfort in nature
- » Stay physically active
- » Eat well
- » Monitor your thoughts
- » Practice reframing negative or unhelpful thoughts
- » Talk with friends

My Coping Strategies

Current:

New:

Meaning-focused strategies are directed at using the stressful situation to create meaning or understanding of self. Examples of meaning-focused strategies include contemplation, personal expression through creative means, and reevaluate personal beliefs and values.

- » Keep a recorded or written journal of your experience
- » Reflect upon what you have learned about yourself
- » Create a personal expression of your experience (poem, essay, song, dance, photo, collage, etc.)

My Coping Strategies

Current:

New: