

How do you cope with stress?

A resource adapted from Ellyn Bader, PhD

Many of us have **ineffective** ways of dealing with stress.

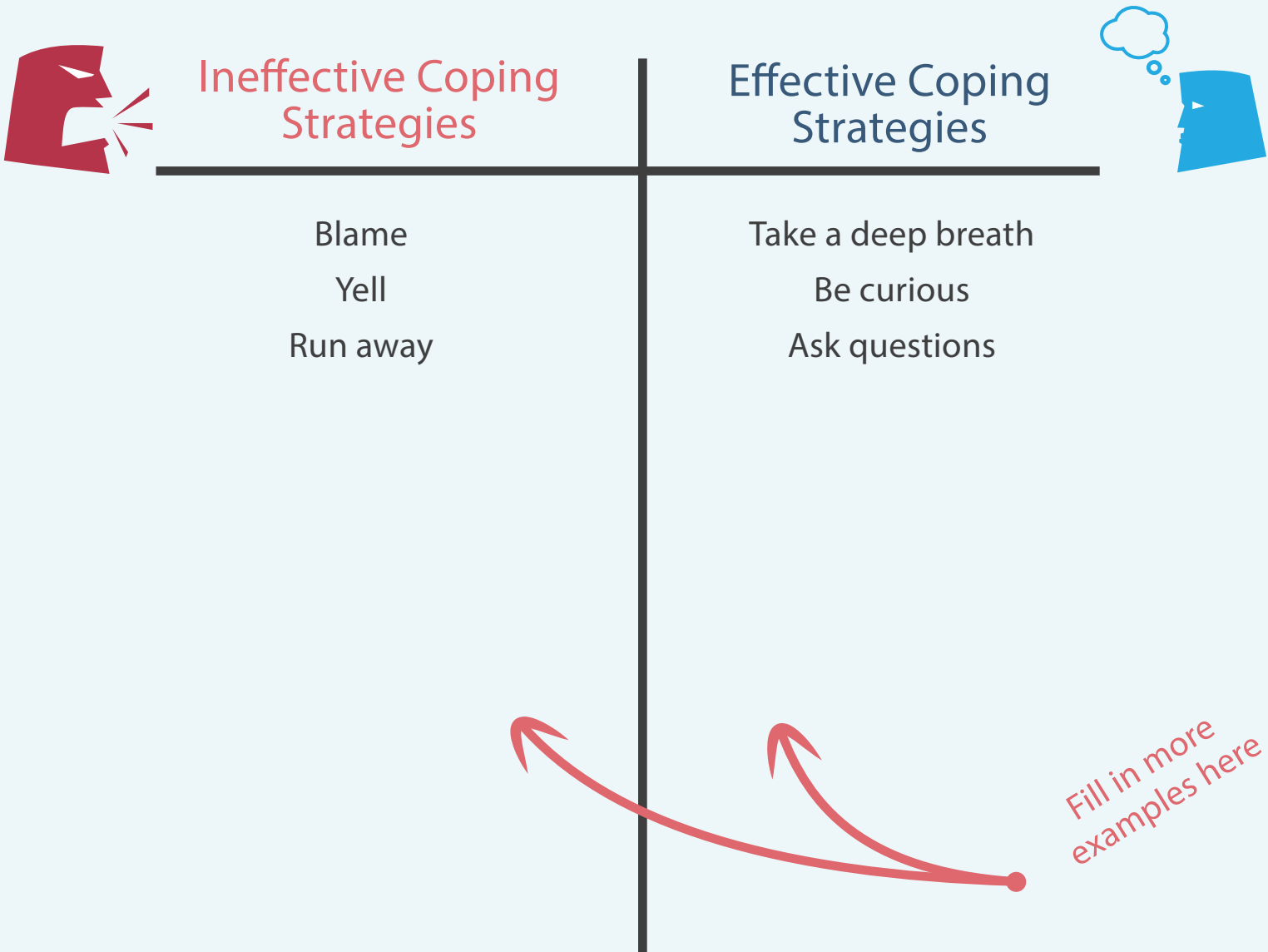
But these negative responses often cover deeper feelings of **vulnerability**.

So with a simple exercise, we can begin to respond better to stress.

Use this handout to help you find better ways to approach stress.



1. Brainstorm a list of **ineffective** things that people do when they're under stress.
2. Brainstorm a list of **effective** things people can do when they're under stress.



3. Fill this circle with some **effective strategies** from your list that you think you could try.

4. Fill this circle with some **ineffective strategies** from your list that may be true for you.

5. Fill this circle with any **vulnerable feeling** that may be beneath those ineffective strategies (for example, fear, hurt, embarrassment . . .)

Ask yourself: which **effective strategy** can I practice next time stress touches my **vulnerable feelings**?