

# 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.



## Ineffective Coping Strategies

Blame  
Yell  
Run away

## Effective Coping Strategies

Take a deep breath  
Be curious  
Ask questions



Fill in more examples here