

How do you cope with stress?

A resource adapted from Ellyn Bader, PhD



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?