## Ways of Coping with Stress Inventoryi

Instructions: Listed below are some common ways of coping with stressful events. Mark those that are characteristic of your behavior or that you use frequently. \_\_\_\_\_ 1. I ignore my own needs and just work harder and faster. 2. I seek out friends for conversation and support. \_\_\_\_\_ 3. I eat more than usual. 4. I engage in some type of physical exercise. 5. I get irritable and take it out on those around me. 6. I take a little time to relax, breathe, and unwind. 7. I smoke a cigarette or drink a caffeinated beverage. 8. I confront my source of stress and work to change it. 9. I withdraw emotionally and just go through the motions of my day. \_\_\_\_\_ 10. I change my outlook on the problem and put it in better perspective. \_\_\_\_\_ 11. I sleep more than I really need to. 12. I take some time off and get away from my work life. \_\_\_\_\_ 13. I go out shopping and buy something to make myself feel good. \_\_\_\_\_ 14. I joke with my friends and use humor to take the edge off. \_\_\_\_\_ 15. I drink more alcohol than usual. 16. I get involved in a hobby or interest that helps me unwind and enjoy myself. \_\_\_\_\_ 17. I take medicine to help me relax or sleep better. \_\_\_\_\_ 18. I maintain a healthy diet. \_\_\_\_\_ 19. I just ignore the problem and hope it will go away. \_\_\_\_\_ 20. I pray, meditate, or enhance my spiritual life. \_\_\_\_\_ 21. I worry about the problem and am afraid to do something about it. 22. I try to focus on the things I can control and accept the things I can't.

**Evaluate your results:** The even-numbered items tend to be more constructive tactics and the odd-numbered items tend to be less constructive tactics for coping with stress. Congratulate yourself for the even-numbered items you checked. Think about whether you need to make some changes in your thinking or behavior if you checked any of the odd-numbered items. Consider experimenting with some even-numbered items you haven't tried before.

Inventory from *The Relaxation and Stress Reduction Workbook* 5<sup>th</sup> *Ed.* Adapted from the "Coping Styles Questionnaire." C 1999 by Jim Boyers, Ph.D., Kaiser-Permanente Medical Center and Health Styles, Santa Clara, Ca.

