

common stressors and coping skills

Match the coping skills on the left to the stressors listed on the right by following the first example. Note that many coping skills can be matched to more than one stressor, and vice versa. Keep in mind that there is no “right” or “wrong” response for any common stressor or coping skill.

common stressors

- i, m, p **1** *No time to prepare meals at the end of the work day.*
- 2** Arguments with your spouse.
- 3** Lots of unplanned interruptions at work from phone calls or co-workers dropping by.
- 4** Don't get things done in the day that you wanted to do.
- 5** Unrealistic goals that you put on yourself.
- 6** Aggressive drivers that you experience driving to and from work everyday.
- 7** Nasty comments from a co-worker.
- 8** Having too much financial debt.
- 9** Chronic childcare problems.
- 10** No time to relax and have fun.

coping skills

- a** Set daily priorities for work and the rest of your day so that the important tasks are addressed first.
- b** Take a course on effective communication and conflict resolution.
- c** Set small goals to make time for more fun and humour in your life.
- d** Take breaks during your work day. If possible, get away from your work station for your lunch break.
- e** Set small goals to find more ways to relax, like: massage therapy, yoga, meditation and listening to relaxing music.
- f** Include stretch breaks during your work day.
- g** Know your limits. Learn to say “no” to keep your priorities on track.
- h** Seek professional help by contacting your E.A.P. program or the Canadian Mental Health Association.
- i** Keep a chores list on the fridge for the whole family with names assigned.
- j** Monitor your workload so you can discuss reasonable work expectations with your supervisor.
- k** Establish “quiet hours” at work so you can work undisturbed for blocks of time.
- l** Plan “dates” with your spouse/partner.
- m** Keep your cupboards, fridge and freezer well-stocked with supplies for healthy meals and snacks.
- n** Take deep breaths and continue to drive safely.
- o** Make an appointment with a financial counselor.
- p** Talk with someone who has solved a similar problem.

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- i, m, p **1** *No time to prepare meals at the end of the work day.*
- b, l, o, p **2** Arguments with your spouse.
- a, b, g, k, p **3** Lots of unplanned interruptions at work from phone calls or co-workers dropping by.
- a, d, g, i, j, k, p **4** Don't get things done in the day that you wanted to do.
- a, d, e, f, g, h, i, j, p **5** Unrealistic goals that you put on yourself.
- e, n, p **6** Aggressive drivers that you experience driving to and from work everyday.
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