

# Step 1: How do I cope now?

## When I'm feeling stressed, I tend to...

- Work longer hours
- Smoke
- Drink more tea, coffee or energy drinks than usual
- Drink alcohol, exceeding the recommended 14 units a week
- Eat high calorie foods
- Shop for things I don't need, want or can't afford
- Gamble
- Become short tempered, impatient & angry
- Avoid people & become withdrawn
- Blame myself & become very critical of everything I do
- Become oversensitive and 'over think' things
- Become impulsive
- Drive faster than I would normally
- Stay up later than usual
- Watch TV mindlessly or channel hop, to then feel even more fed up and dissatisfied
- Bottle things up and ignore problems
- Start unnecessary arguments

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- Seek support from friends, family or work colleagues
- Be kind to myself, acknowledging the importance of looking after myself
- Have self-compassion and tell myself 'I'm doing OK' under the circumstances. not be overcritical
- Make time for myself to relax, such as take a bath, sit in the garden or the park, watch the world go by
- Spend time on a hobby
- Engage in physical activity, go for a walk or attend an exercise class
- Listen to music or watch and enjoy a film / TV series
- Clean, but not excessively or compulsively
- Spend time with friends and/or family
- Eat well, with focus upon healthy foods
- Make sure that I get enough sleep
- Read for fun
- Do something for someone else or be kind to someone just because I can. Acts of kindness feel good!
- Go out and get some fresh air
- Do some relaxation and mindfulness techniques

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