

# Aurora Employee Assistance Program

## Coping Chart

Negative Copers	Positive Copers		
Indulging Revenge Tantrums Fault-finding Worrying Denial Illness Tobacco Withdrawal Alcohol Eating Gambling Internet Pornography Drugs Passivity Stubbornness	<u>Spiritual</u> Commitment Prayer Faith Surrender Valuing Worship	<u>Mental</u> Time management Problem-solving Life Planning Relabelling Organizing Imagination Humor	<u>Family</u> Balancing Togetherness Flexibility Networking Esteem-building Conflict resolution
	<u>Physical</u> Relaxation Nourishment Self-care Exercise Stretching Biofeedback	<u>Diversion</u> Learning Music Work Getaways Hobbies Play	<u>Interpersonal</u> Affirmation Contact Expression Linking Assertiveness Limit setting

Taken in part from STRESS TALK by Aid Association for Lutherans (1983)