

Coping Recipe: Mixture of Mind, Body, Spirit

The stress of life. Ubiquitous. Nondiscriminating. An integral part of life.

How do you cope with it?

Coping with stress comes naturally for all of us. We successfully deal with 98 percent of our stressful experiences. It's the two percent that usually causes 98 percent of our stress.

A problem many of us face in dealing with stress is that we use the same coping skills over and over. To manage stress, it's important to add to and recombine our coping skills.

Because stress affects the whole person, stress management skills need to make use of our mind, body and spirit.

The following coping skills can get you started in changing and adding to your list of stress management skills.

Physical Skills

These coping skills help build up your stamina.

- Relaxation:** Let go of your mental and physical tensions.
- Nourishment:** Eat for your health.
- Self-care:** Treat yourself kindly. Don't push beyond your limits.
- Exercise:** Strengthen and fine-tune your body regularly.
- Biofeedback:** Listen to your body and its needs.
- Stretching:** Take short stretch breaks throughout your day.

Mental Skills

Use your mind to cope with stress more effectively.

- Time management:** Set aside time to match your goals, values and priorities.
- Problem solving:** Address issues by yourself or with help from others.
- Life planning:** Clarify your long-and-short-range goals.
- Organizing:** Seek order. Don't let things pile up.
- Relabeling:** Change your perspectives. See the promise in every problem. Be gracious.
- Imagination:** Paint a different picture of your situation. See the humor in life's ironies. Be creative.

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