

Coping: Stressors and Resources

Worksheet

Identifying the sources of our stress and anxiety - our *Stressors* - empowers us to target them effectively. By pairing them with successful and healthy coping strategies, we can create a plan for tackling obstacles that we face.

In this way, even when we are confronted with obstacles, being prepared with a plan allows us to draw on any resources we have, so we can overcome those barriers and better manage stress.

Instructions

The worksheet has four columns to work through.

Use the first column in this table to list the *Stressors* that are bothering you - they may be current stressors, stressors from the recent past, or future, anticipated sources of stress.

In the second column, create a list of resources that you can implement to cope with the stressors. These might include strategies, techniques, meditations, or activities that you've learned or which have helped you cope before.

In the third, *Obstacles* column, brainstorm potential things that might impede your coping.

The last column invites you to plan how you can overcome these obstacles to effective coping, using any *Methods* you believe will be effective.

An example is provided.

Stressors	Coping Resources	Obstacles	Methods for Overcoming Obstacles
Present Sources <i>E.g. Constantly fighting with my sibling</i>	<i>E.g. Talking it out calmly when we're rational</i>	<i>E.g. Being confronted by my sibling when they're angry</i>	<i>E.g. Suggest a "cooling off" period before we dig into 'hot button' issues.</i>
Past Sources			
Expected Future Sources			