

HEALTHY COPING STRATEGIES

Begin living now
Stop living in the future/past
Stop asking to be rescued
Stop waiting and marking time
Write a journal of your daily activities, thoughts, moods
List your successes
Listen to feedback from others
Set goals realistically
Make friends with people who like themselves
Think positively
Learn what is controllable in your life and what isn't
Enjoy leisure
Be honest about how you feel
Meditate daily
Read about human growth
Pretend you are a perfect parent to yourself
Figure out ways to achieve your goals
Stop collecting people with problems
Take a continuing education course
Stop rescuing people
Learn to accept what you cannot change
Stroke yourself-give yourself a pat on the back, Good job , Well done
Surface your feelings
Let other people run their own lives
Think to solve problems rather than depending on "magical powers"
Get acquainted with happy, successful people
Expect to enjoy your relationships
Develop your personal talents
Give yourself permission to be afraid of failure and success
Experiment with your behaviors
Stop feeling sorry for yourself
Relax, get enough rest
Stop talking about your miseries
Stop looking for someone to blame
Stop reflecting on things that didn't work out
Analyze problems, figure out what can be done, and then take some action immediately
Exercise regularly
Ask for help in a straight forward way
Talk about your strengths
Encourage others to feel good
Practice good posture
Control your food input, eat nutritionally
Stop assuming others can't get along without you