

Jamison: Patient Education and Wellness

HANDOUT 14.1: TIPS FOR COPING

- ☐ Step I: Acquire mental fitness by:
 - improving self-esteem
 - reviewing stressors from diverse perspectives
 - enhancing problem-solving skills
 - learning to create and explore alternative solutionsSee Handout 14.5
 - ☐ Step II: Improve emotional wellbeing by:
 - monitoring and correcting faulty self-talk
 - challenging unreasonable beliefsSee Handout 14.6
 - ☐ Step III: Enhance physical wellness by:
 - routinely using relaxation techniques
 - exercising
 - eating wisely
 - sleeping soundlySee Handout 14.7
 - ☐ Step IV: Prepare a long-term stress management plan using the above
 - ☐ Step V: Nourish your sense of humour
- See <http://www.webmd.com/video/laughter-heals>