

## Jamison: Patient Education and Wellness

### HANDOUT 18.8: COPING WITH STRESS: AN INTEGRATED APPROACH

- ☐ Identify the stressors in the situation. Use a diary to record:

| DATE/TIME | STRESSOR | RESPONSE |           |           | MANAGEMENT STRATEGY TO TRY |
|-----------|----------|----------|-----------|-----------|----------------------------|
|           |          | PHYSICAL | COGNITIVE | EMOTIONAL |                            |
|           |          |          |           |           |                            |
|           |          |          |           |           |                            |
|           |          |          |           |           |                            |
|           |          |          |           |           |                            |

- ☐ Identify your response
- ☐ General reaction
    - ☐ acute reaction (Handout 18.2)
    - ☐ physical distress (Handout 18.3)
    - ☐ emotionally/feeling (Handout 18.3)
    - ☐ cognitively/thoughts (Handout 18.3)
    - ☐ chronic stress (Handout 18.2)
  - ☐ Detect particular problems
    - ☐ muscle tension (Handout 14.8)
    - ☐ chronic stress (Handout 14.10)
    - ☐ depression (Handout 14.11)
    - ☐ generalized anxiety (Handout 14.12)
    - ☐ panic attacks (Handout 14.12)
- ☐ Review and combine coping technique IN each dimension
- ☐ acute stress: slowing down, breathing, muscle relaxation (Handout 18.5)
  - ☐ physical: focused breathing, muscle relaxation, muscle trigger release (Handouts 18.6 & 18.7)
  - ☐ emotional: detached observation, thought stopping (Handout 18.4)
  - ☐ cognitive: review goals, make minor lifestyle adjustments (Handouts 14.2 & 14.5)
- ☐ Develop a flexible coping strategy
- ☐ perfect an acute stress response for emergency situations
  - ☐ develop good mental health (Handout 14.6)
  - ☐ build a personal bank of coping skills suited to your lifestyle and its likely stressors
  - ☐ monitor progress and adapt to changing circumstances

See Stress management checklist:

<http://www.mentalhealthamerica.net/go/information/get-info/stress/coping-with-stress-checklist/coping-with-stress-checklist>

Overview <http://www.nlm.nih.gov/medlineplus/tutorials/managingstress/htm/index.htm>

Healthy lifestyle <http://www.webmd.com/healthy-aging/guide/stress-management-topic-overview>

Specific situations:

Holiday stress <http://www.webmd.com/balance/slideshow-holiday-travel-less-stressful>