

## ■ Ways of coping

Please circle the number which best describes your way of coping over the last 2 months.

NEVER    SOMETIMES    FREQUENT

<b>1</b> Request help and support from others.	0	1	2	3	4	5
<b>2</b> Talk to friends and colleagues about my worries.	0	1	2	3	4	5
<b>3</b> Manage my time so that I am not rushed.	0	1	2	3	4	5
<b>4</b> Remain objective, not taking things personally.	0	1	2	3	4	5
<b>5</b> Enjoy hobbies and leisure activities.	0	1	2	3	4	5
<b>6</b> Stay physically fit with exercise and healthy diet.	0	1	2	3	4	5
<b>7</b> Avoid difficult things – put things off.	0	1	2	3	4	5
<b>8</b> Delegate work when necessary.	0	1	2	3	4	5
<b>9</b> Look for advice and information from superiors.	0	1	2	3	4	5
<b>10</b> Work towards set goals and objectives.	0	1	2	3	4	5
<b>11</b> Stand back and think things through.	0	1	2	3	4	5
<b>12</b> Keep home and work separate.	0	1	2	3	4	5
<b>13</b> Treat myself to something pleasurable (gifts, clothes, food).	0	1	2	3	4	5
<b>14</b> Withdraw from people – bottle things up.	0	1	2	3	4	5
<b>15</b> Say 'No' to extra work – refuse requests.	0	1	2	3	4	5
<b>16</b> Spend time with supportive family and friends.	0	1	2	3	4	5
<b>17</b> Plan ahead (days, weeks, months, years).	0	1	2	3	4	5
<b>18</b> Have realistic expectations about myself, accepting my limitations.	0	1	2	3	4	5
<b>19</b> Become absorbed in a rewarding or creative activity outside work.	0	1	2	3	4	5
<b>20</b> Make time for periods of planned deliberate relaxation (lunchtime, evenings, weekends, holidays)	0	1	2	3	4	5
<b>21</b> Work longer hours.	0	1	2	3	4	5
<b>22</b> Express emotion openly and directly.	0	1	2	3	4	5
<b>23</b> Confide work problems to partner.	0	1	2	3	4	5
<b>24</b> Set priorities and make lists of things to do.	0	1	2	3	4	5
<b>25</b> Accept situations which cannot be altered.	0	1	2	3	4	5
<b>26</b> Relax and 'turn off' at home.	0	1	2	3	4	5
<b>27</b> Find comfort in spiritual activity and contemplation.	0	1	2	3	4	5
<b>28</b> Increase intake of alcohol, cigarettes, drugs or food.	0	1	2	3	4	5
<i>Add any other coping strategies that you use that are not covered.</i>						
<b>29</b>	0	1	2	3	4	5
<b>30</b>	0	1	2	3	4	5