## **■** Ways of coping

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

1 Request help and support from others.       0       1       2       3       4       5         2 Talk to friends and colleagues about my worries.       0       1       2       3       4       5         3 Manage my time so that I am not rushed.       0       1       2       3       4       5         4 Remain objective, not taking things personally.       0       1       2       3       4       5         5 Enjoy hobbies and leisure activities.       0       1       2       3       4       5         6 Stay physically fit with exercise and healthy diet.       0       1       2       3       4       5         6 Stay physically fit with exercise and healthy diet.       0       1       2       3       4       5         6 Stay physically fit with exercise and healthy diet.       0       1       2       3       4       5         6 Stay physically fit with exercise and healthy diet.       0       1       2       3       4       5         7 Avoid difficult things physically fit with exercise and healthy diet.       0       1       2       3       4       5         8 Delegate work when necessary.       0       1       2       3       4       5     <			NEVER	30IVIETIIVIE3		FREQUENT			
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