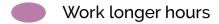
Step 1: How do I cope now?

When I'm feeling stressed, I tend to...



Smoke

Drink more tea, coffee or energy drinks than usual

Drink alcohol, exceeding the recommended 14 units a week

Eat high calorie foods

Shop for things I don't need, want or can't afford

Gamble

Become short tempered, impatient & angry

Avoid people & become withdrawn

Blame myself & become very critical of everything I do

Become oversensitive and 'over think' things

Become impulsive

Drive faster than I would normally

Stay up later than usual

Watch TV mindlessly or channel hop, to then feel even more fed up and dissatisfied

Bottle things up and ignore problems

Start unnecessary arguments



Seek support from friends, family or work colleagues

Be kind to myself, acknowledging the importance of looking after myself

Have self-compassion and tell myself 'I'm doing OK' under the circumstances, not be overcritical

Make time for myself to relax, such as take a bath, sit in the garden or the park, watch the world go by

Spend time on a hobby

Engage in physical activity, go for a walk or attend an exercise class

Listen to music or watch and enjoy a film / TV series

Clean, but not excessively or compulsively

Spend time with friends and/or family

Eat well, with focus upon healthy foods

Make sure that I get enough sleep

Read for fun

Do something for someone else or be kind to someone just because I can. Acts of kindness feel good!

Go out and get some fresh air

Do some relaxation and mindfulness techniques