

A Practical Guide to Coping

Ways of Coping

Feeling better may take time after a sudden, unexpected event. The healthy activities below will help you cope with the reactions you may be experiencing.

- Follow your daily routine. Wake up, go to bed and eat meals at your usual times. Continue to go to work and engage in activities with friends and family to maintain a feeling of control over your life.
- Give yourself permission to feel. Feeling sad, confused, angry, scared or worried is normal. Express your feelings as they arise.
- Talk to someone you trust. Talk with a family member or close friend about your experience and your feelings. Accepting help from others is a healthy way to cope.
- Make daily decisions. Making even small decisions will give you a sense of control. If a problem is beyond your control, accept it and move on.
- Practice relaxation. Make activities that you find relaxing part of your daily routine. Close your eyes and visualize a peaceful scene while breathing slowly and deeply. This can temporarily remove you from a stressful situation.
- Create a comfortable environment. Surround yourself at home and work with things that you enjoy. Listen to music that helps you feel relaxed.
- Take one thing at a time. For people under stress, any ordinary workload may seem overwhelming. Do not multi task. Perform one task at a time until the project is completed.
- Take a break. Reading a favorite book or watching a favorite movie will allow you the time you need to look at the event from a different perspective.