Efficient coping strategies

Coping strategies are different depending on the situation and the person; here are some good coping strategies.

**\*\*\*Coping is a very complex process, that varies according to many variables such as the situation, the evaluation of the situation, and the resources available.**

1. **Be *positive*!**
Look at each obstacle you encounter as a learning experience
 e.g. you may not have done well on your mid-term exam, but that has motivated you to study harder and ace your final exam.
2. ***Make the choice* not to over-react to stressors and deal with them one at a time**
e.g. take a few deep breaths and carry on.
3. **Take an *objective* view of your stressor**
e.g. is preparing dinner for 12 people really that horrible?
4. ***Communicate!***
Don’t ruminate or bottle up your emotions, as this will lead to an explosion later on.
5. ***Accept* yourself (and others)**.
No one is perfect and there is always room for mistakes.
6. **Make *connections* with people**
Social support is key!
7. **Deal effectively with *mistakes***
i.e. Learn from your mistakes and apply them to future decision making.
8. **Deal effectively with *successes* also!**
This will build on your competence.
9. **Develop *self-discipline and control***
e.g. train yourself to study harder in preparation for your final exam, or train yourself to work out four times a week to lose those pounds you gained since last Thanksgiving dinner!
10. ***Maintenance!***
Practice, practice, practice for a long life of resilient living!

**Source:** Centre for Studies on Human Stress [www.humanstress.ca](http://www.humanstress.ca)