

# Stress Coping Skills Inventory

(adapted from the "Coping Styles Questionnaire" by Jim Boyers, PhD. with Kaiser Permanente Medical Center and Health Styles in Santa Clara, CA)

Check all that are characteristic of your behavior or that you use frequently.

- \_\_\_ 1. I ignore my own needs and just work harder and faster.
- \_\_\_ 2. I seek out friends for conversation and support.
- \_\_\_ 3. I eat more than usual.
- \_\_\_ 4. I engage in some type of physical exercise.
- \_\_\_ 5. I get irritable and take it out on those around me.
- \_\_\_ 6. I take a little time to relax, breath and unwind
- \_\_\_ 7. I smoke or drink caffeine.
- \_\_\_ 8. I confront my source of stress and work to change it.
- \_\_\_ 9. I withdraw emotionally and just go through the motions of my day.
- \_\_\_ 10. I challenge my perspective of the problem and try to change my outlook.
- \_\_\_ 11. I sleep more than I really need to.
- \_\_\_ 12. I take some time off and get away from my working life.
- \_\_\_ 13. I go out shopping and buy something to help make myself feel better.
- \_\_\_ 14. I joke with my friends and use humor to take the edge off.
- \_\_\_ 15. I drink more alcohol than usual.
- \_\_\_ 16. I get working on a hobby or other interest that helps me unwind and enjoy myself.
- \_\_\_ 17. I take medications that help me to feel better.
- \_\_\_ 18. I maintain a healthy diet.
- \_\_\_ 19. I just ignore the problem and hope it will mend itself.
- \_\_\_ 20. I pray, meditate and enhance my spiritual life.
- \_\_\_ 21. I worry about the problem and am afraid to do something about it.
- \_\_\_ 22. I try to focus on things I can control and accept the things I can't.

Results: Count up how many odd and even you have. The even tend to be more constructive and healthy in the long-term. If you have more odd than even, consider trying some of the even items this week! These are a few great ideas to get you started on a healthier route.

