

## Worksheet 7.8: Coping strategies for carers – maintaining a healthy balance

Complete this sheet of helpful coping strategies and self-esteem supports and save it for future reference when you are feeling stressed and exhausted. Add any others not listed and review them regularly. These make up your toolbox of coping strategies.

**Table 7.12** Helpful coping strategies

	<b>Often</b>	<b>Sometimes</b>	<b>Never</b>
Meditate			
Stretch/yoga			
Exercise			
Music			
Rest/sleep			
Watch TV			
Go to the cinema			
Read			
Puzzles/games			
Walk			
Health club/spa			
Recreational activity			
Do something creative			
Gardening			
Socialise with friends			
Talk to people			
Pets			
Hobbies			

Fill in this sheet of unhelpful coping strategies and add any others that you find yourself doing when you are stressed and exhausted:

If you find your unhelpful responses are starting to outweigh your helpful responses, you should consider asking someone to help you to readdress the balance and/or consider seeing a counsellor.

See also Worksheet 6.1 on identifying your support network.

**Table 7.13** Unhelpful coping strategies

<b>Overeat</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
Stop eating			
Drink excessive amounts of alcohol			
Drink lots of coffee			
Smoke tobacco			
Drive too fast			
Bite your nails			
Act violently			
Yell at someone			
Kick or hit something			
Throw something			
Pace up and down			
Take tranquilisers			
Take other drugs			
Procrastinate			
Withdraw from family and friends			
Stop sleeping well			
Work too hard			
Obsessions			
Compulsions			
Self-harm			