

## WS2 Handout 22 (Slide 118): Stress Management Resources and Adaptive Coping Strategies

### Stress Management Resources

1. Stress Management and Emotional Wellness (Optimal Health Concepts)
  - <http://www.optimalhealthconcepts.com/Stress>
2. Stress Virtual Library (Gene R. Thursby)
  - <http://www.vl-site.org/stress/index.html>
3. Stress Management: How to Reduce, Prevent, and Cope With Stress (HelpGuide.org)
  - [http://www.helpguide.org/mental/stress\\_management\\_relief\\_coping.htm](http://www.helpguide.org/mental/stress_management_relief_coping.htm)
4. Stress Management Tips for Parents of College Students in the Aftermath of the Virginia Tech Shootings (stress management tips from the American Psychological Association's Help Center)
  - <http://apahelpcenter.org/articles/article.php?id=153>

### Adaptive Coping Strategies for Dealing With Traumatic Stress Reactions

1. Talk with others who have been through the same crisis experience.
2. Participate in local, state, and national associations or groups that aim to prevent future crises.
3. Obtain training that will help prevent and mitigate future crisis events.
4. Incorporate physical exercise into your routine.
5. Get normal amounts of rest and sleep.
6. Avoid alcohol and drugs.
7. Maintain normal routines and comfortable rituals.
8. Eat well-balanced and regular meals.
9. Surround yourself with support (e.g., partners, pals, and pets).
10. Pursue your passions (don't feel guilty about finding pleasure in life).
11. Practice stress-management techniques (e.g., meditation, progressive muscle relaxation, or guided imagery).
12. Embrace your spirituality or belief systems.

*Note.* From "Certification of Advanced Training and Specialization in Crisis Intervention Skills and Strategies." Workshop presented by S. E. Brock et al., (2003) at the California Association of School Psychologists' Summer Institute, Lake Tahoe, CA.