

Effective Ways of Coping

1. Anticipate stress and take purposeful time off.
2. Take time to reflect in the moment.
3. Listen carefully to the experiences and perspectives of others that have gone through similar situations.
4. Develop and maintain connections with personal and professional mentors.
5. Express yourself through the creative arts.
6. Use your spirituality as a healing force.

(Adapted from Connecticut Department of Children and Families, 2009)