

HOW ARE YOU COPING?

CUSTOM
Style
Size

"I got this"

"I can't keep this up"

"Something is not right"

"I can't survive this"

THRIVING

Calm & steady
with minor mood
fluctuations

+

Able to take
things in stride

+

Consistent
performance

+

Able to take
feedback and
to adjust to
changes of plans

+

Able to focus

+

Able to
communicate
effectively

+

Normal sleeping
patterns and
appetite

SURVIVING

Nervousness,
sadness,
increased mood
fluctuations

+

Inconsistent
performance

+

More easily
overwhelmed
or irritated

+

Increased
need for
control and
difficulty
adjusting to
changes

+

Trouble sleeping
or eating

+

Activities &
relationships you
used to enjoy
seem less
interesting or
even stressful

+

Muscle tension,
low energy,
frequent
headaches

STRUGGLING

Persistent fear,
panic, anxiety,
anger, sadness,
hopelessness

+

Exhaustion

+

Poor performance
and difficulty in
making decisions
or concentrating

+

Avoiding
interactions
with people

+

Fatigue, aches
and pains

+

Restlessness,
disturbed sleep

+

Self-medicating
with substances,
food or other
numbing activities

+

Struggling to
keep up with life

IN CRISIS

Disabling
distress & loss
of function

+

Panic attacks

+

Nightmares
or flashbacks

+

Unable to fall
or stay asleep

+

Intrusive
thoughts

+

Thoughts of
self-harm or
suicide

+

Easily enraged
or aggressive

+

Inability
to focus

+

Feeling numb,
lost or out of
control

+

Social
withdrawal

+

Dependence on
substances or
other numbing
activities to
cope

Personal Guide To Coping

JR Anderson



Personal Guide To Coping:

Unveiling the Magic of Words: A Overview of "**Personal Guide To Coping**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Personal Guide To Coping**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

<https://crm.avenza.com/About/browse/fetch.php/Prabodh%20Question%20Papers.pdf>

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