

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

Nimit Chowdhary, Monika Prakash



Personal Guide To Coping:

Embracing the Tune of Expression: An Psychological Symphony within **Personal Guide To Coping**

In a world consumed by displays and the ceaseless chatter of immediate communication, the melodic splendor and psychological symphony produced by the published term frequently disappear into the background, eclipsed by the persistent noise and disturbances that permeate our lives. But, set within the pages of **Personal Guide To Coping** a wonderful fictional value full of organic emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this fascinating masterpiece conducts viewers on a mental trip, well unraveling the concealed melodies and profound impact resonating within each cautiously crafted phrase. Within the depths of this emotional assessment, we can examine the book is key harmonies, analyze their enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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