

Appendix: Your 22 Coping Skills

From reading *Crush Your Stress* you should have 22 coping skills that might benefit you when you are faced with a stressful situation.

	Chapter	Coping Skill I will Use	“Spare” Coping Skill I will Consider
Section 1			
1.	Attitude		
2.	Perseverance		
3.	Values		
Section 2			
4.	Fitness		
5.	Rejuvenation		
6.	Sleep		
7.	Sustenance		
Section 3			
8.	Altruism		
9.	Experiences		
10.	Socialization		
Section 4			
11.	Stress Management Plan		
12.	Stress Management Kit		