

Food Safety and Inspection Service
Wellness Training Program

**Worksheet Seven: Identify Coping Techniques
for Your Job Stressors**

Instructions:

Print out this worksheet and then list three to five examples of coping techniques you use (such as drinking a cup of coffee, exercising, or taking a hot bath).

After spending a couple of minutes to make your list, ask a fellow coworker what coping techniques he/she uses to deal with stress. Compare the things each of you do to help cope with job stress. Discuss the things you have in common and the things that are unique to each of you for a few minutes.

_____ Common copier
_____ Unique copier

After discussing with your coworker, discuss coping strategies with other coworkers in your area to discover the coping techniques and strategies that are common and unique among your group.

This Wellness training program will further these coping ideas by giving you opportunities to learn new relaxation techniques and other stress reduction coping strategies.