



## Discussion Questions for Coping with Stress and Anxiety

1. Do you have useful strategies for coping with stress and/or anxiety?
2. Do you sometimes **lack motivation** to pursue positive ways of coping with stress? If yes, what helps you take action when you feel less driven?
3. If your family/friends struggle with this issue, have you found ways to help them?
4. Have you tried keeping a **list of coping techniques** that you can refer to when you are feeling down or anxious?
5. Do you use **mindfulness tools** designed for relaxation and decreasing anxiety? (Ex. For breathing techniques see: Drweil.com: [Three Breathing Exercises and Techniques>>](#) )
6. How do you **cope with uncomfortable emotions**? Do you ever just sit with them until they pass?
7. Have you tried a **gratitude journal**?
8. Do you have a **good support system** of people to talk to when you need to vent or just connect with someone? If not, can you think of ways to develop a support system?