

# Strategies for coping with stress

Step-by-step suggestions to manage reactions to stress for **Pathfinders** and the people around them

To get from spotting signs of stress to acting on them →

1

## LISTEN TO YOURSELF

Recognize and become aware of signs of stress

- **Physical**  
Difficulty sleeping, lower energy or agitation, pain, etc.
- **Behavioural**  
Irritability, aggressiveness, difficulty making decisions, isolation, etc.
- **Emotional**  
Feeling discouraged, loss of self-esteem, etc.
- **Mental**  
Doubting yourself and others, difficulty concentrating, etc.

(see tool)

## ACCEPT YOURSELF

without judging

Give yourself permission to experience your emotions and reactions and **be kind to yourself**

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## TALK

The people around you are an **important source of support** and can help you by suggesting coping strategies

Don't hesitate to talk to:

- friends
- family
- colleagues
- neighbours
- etc.

4

## IDENTIFY THE CAUSE

Try to recognize what is causing the reactions

What is the source of worry?

5

## ACT

to change what can be changed

What are the things that you can control?

What are the **winning strategies** that have already worked in a similar situation?

For example :

- **Be active and work off energy**
- **Stay informed**
- **Take care of yourself** by taking concrete actions (see tool)

And any other coping strategies that work for you

## References

Adapted from S'occuper de ses réactions de stress. Programme d'aide aux médecins du Québec (PAMQ), 2020. En ligne: <https://medfam.umontreal.ca/wp-content/uploads/sites/16/2020/04/capsule-sante-s-occuper-de-ses-reactions-de-stress.pdf>

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