

Insights Reference Guide

Coping & Stress Profile®

The *Coping & Stress Profile*® helps individuals examine their current stress, coping resources, and satisfaction in different areas of life. Ultimately, this profile is designed to help people understand how developing and using a variety of coping resources can allow them to more effectively cope with stress and increase satisfaction.

Individual Insights

Insight into Sources of Stress. Help people understand what causes them stress in both their personal and their professional lives.

- Learn that stress is unavoidable, but your reaction to pressure is controllable
- Discover the difference between personal and work stress and how they relate to each other
- Identify the specific stressors in your life and career

Guidance on how to Deal with Stress. Help individuals see that trying to avoid stress or ignore tense situations may not be as effective as learning simple coping techniques.

- Discover the root causes of the issues affecting your stress level
- Identify your challenges when it comes to minimizing your stress

Insight into Available Coping Resources. Help people recognize that improving their skills in specific areas may allow them to alleviate stress.

- Increase your problem-solving abilities
- Develop your interpersonal communication
- Improve the degree of closeness with those around you
- Develop your flexibility and adaptability to change in stressful situations

Appreciation of the Importance of Satisfaction in Life. Help individuals see that personal and professional satisfaction are essential to achieving self-fulfillment.

- Identify the main priorities in your life and career
- Gain positive reinforcement from the positive aspects of your personal and professional life

Action Plan for Coping Effectively with Stress and Improving Satisfaction. Help people develop concrete goals for dealing with the stress in their lives.

- Prioritize the issues causing you stress
- Develop plans for tackling specific problems