

Strategy #1: Tell Your Story

Tell yourself or a friend a story about a difficult interaction you've had in the past month.

- Tell only the truth
- Tell what you experienced, felt and thought - not what anyone else experienced, felt or saw
- Name the emotions you experienced
- Afterwards, ask yourself, or the person you told:
 - Do you understand how I felt?
 - Did that story make you want to help me?
 - If not, what could I have done differently?

What did you learn about the power of telling your true story?

Skill #2: Problem Solving

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Dr. G's Problem Solving Path



Coping Mechanisms Strategies

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Stress is easier to handle when you are intentional about your coping strategies.

- In the first column put every thing you might do to distract yourself when you're upset or uncomfortable
- In the second column copy over only the things that aren't damaging to you or to anyone else
- In the last column copy the things from the second that you can do given your current constraints
- When you're done, pick from the last list to comfort yourself when you're having a hard time. This will build your resilience!

What helps you feel better?

Which of those are healthy for you?

Which of the healthy ones can you do now?

Skill #3: Reaching out for Help

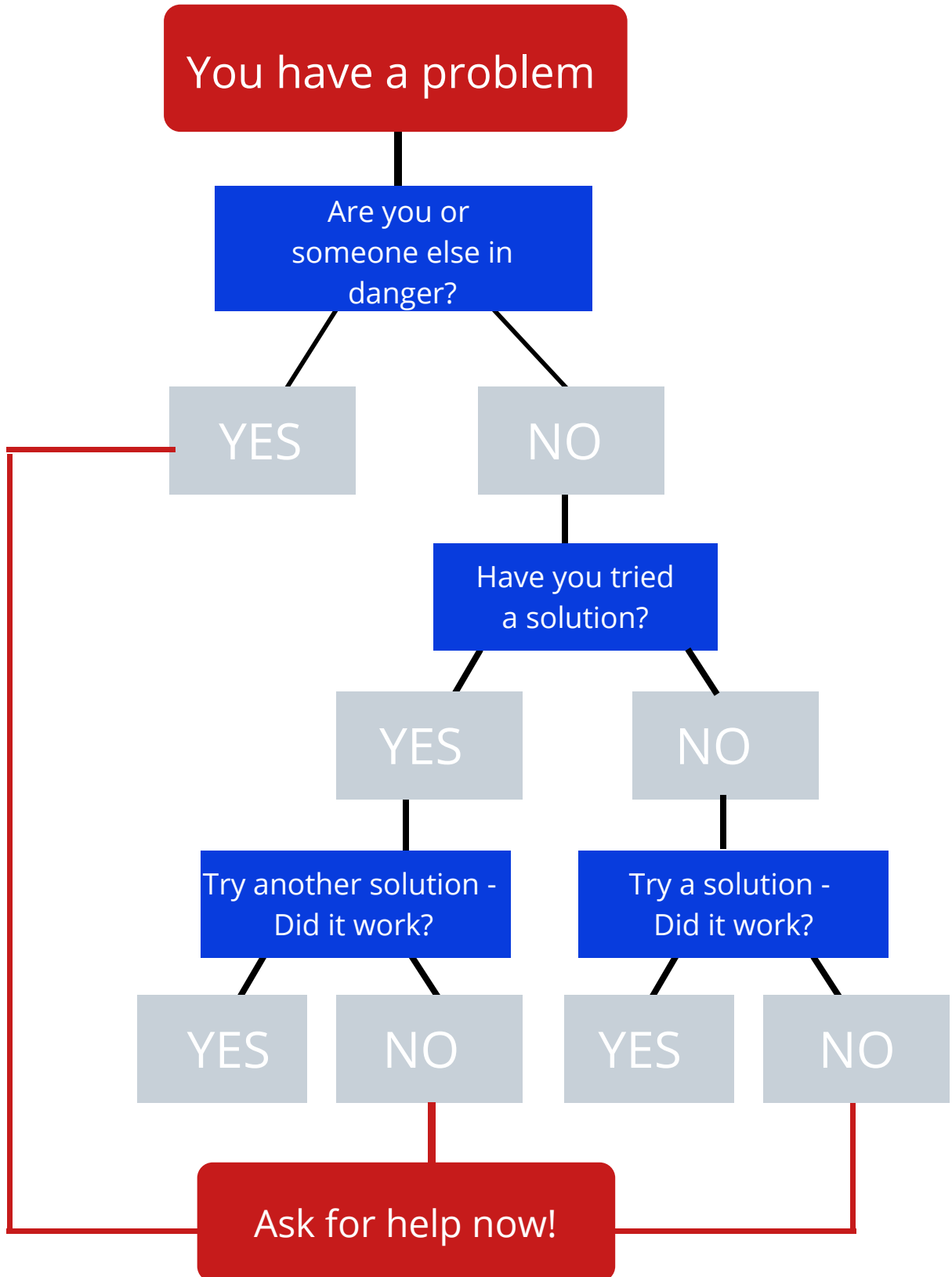
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When to get help? :

When you or someone else is in danger



Skill #3: Reaching out for Help



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How to Get Help, What do You Know?

Who has helped you
in the past?

Who do you see
helping others?

Who cares
about you?

Where have you ever
gone for help?

What organizations in your
community offer help?

What kind of help
do you need?
