

## COPING INDEX

Using the following scale, rate how often you do the following things when you are feeling stressed or distressed.

I don't do this at all	0
I do this occasionally	1
I do this often	2
I do this most of the time	3

1. take a few deep breaths to calm down
2. eat
3. use positive self-talk
4. yell or argue with others
5. meditate
6. stay focused on what is happening in the present moment
7. spend a lot of time on your own
8. do things that distract you
9. have thoughts about suicide
10. do relaxing activities
11. do things to physically hurt yourself
12. do something enjoyable with a friend
13. drink alcohol
14. take drugs
15. talk things over with family or friends
16. stop doing activities that you usually enjoy
17. talk to a health professional or counsellor
18. ruminate
19. pray
20. have negative self-talk

**REFERENCE:** Stallman, H.M. (2017). Coping Index. Adelaide: University of South Australia

### **SCORING:**

Healthy Coping = sum of 1, 3, 5, 6, 8, 10, 12, 15, 17, 19 divided by 10

Unhealthy Coping = sum of 2, 4, 7, 9, 11, 13, 14, 16, 18, 20 divided by 10

Coping Total = Healthy total minus unhealthy total score; Range is -3 to 3. Positive scores indicate more healthy coping strategies, negative more unhealthy strategies