



## Coping & Stress Profile®

*To avoid the peaks and valleys of productivity created by high stress levels, you need employees who know how to balance the urgent demands of work life and personal life. Even when things are going smoothly, the cumulative effects of day-to-day stressors affect the way people behave. The Coping & Stress Profile® is a unique learning instrument that connects stress and coping in four life areas: Personal, Work, Couple, and Family. Learners gain important insights into how stress in one area impacts other areas, how coping resources in one area impacts other areas, how coping resources in one area can be used to decrease stress in another, and how stress, coping resources, and overall satisfaction are closely related.*

### Discover the Power of Relationship Coping Resources

Research shows that people who develop and use relationship coping resources manage their stress far more effectively than people who rely only on personal coping resources like diet and exercise. The four key relationship coping resources are:

1. **Problem solving:** *The ability to deal directly with problems and make positive changes to resolve them*
2. **Communication:** *The ability to honestly share thoughts and feelings with others to promote mutual understanding*
3. **Closeness:** *A comfort level with others and the ability to connect with people*
4. **Flexibility:** *An openness and ability to respond to change*

### Improve Performance and Increase Life Satisfaction

The Coping & Stress Profile® helps people in organizations:

- *discover individual stress issues in each life area*
- *capitalize on coping strengths to manage stress*
- *learn to minimize or eliminate common, daily stressors*
- *identify areas for coping skills improvement*
- *develop flexibility in responding to change*
- *communicate more effectively to improve problem solving*
- *build mutually supportive relationships*

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