



Stress Management Skills– Overcoming Barriers to Self-Care

You're ready for new personal or professional growth but not clear yet how to start. You want to be more skilled at conflict management or other work tasks. Maybe your self-care has gone downhill lately, or you don't enjoy what you used to. You can't remember the last time you felt really relaxed. Some procrastination, and your usual coping tricks aren't quite doing it. Maybe it's time to talk to a coach or counselor. What gets in the way of reaching out? Frequently it's self-talk...

I was taught we solve our own problems.

I can live with this.

I'm gonna read that self-help book I saw on Facebook.

It's all too embarrassing to talk about.

I'm afraid I will fall apart if I "go there"

Tried counseling once and it was awful/didn't work...

There's treatment for this?

Everybody feels this way sometimes. It will pass.

If I just stay busy, I can get through this.

Counseling or coaching is too expensive.

It takes too long.

Everybody knows each other's business where I live/work.

Reaching out for support is a sign of weakness.

I wouldn't know how to go about it even if I wanted to.

I don't want somebody judging me.

Maybe it will get better by itself.

“ _____ [Insert your self-talk here] _____ ”

Good news is, **even with only a few sessions**, there can be a positive personal experience.

1. Increased mental clarity about the problem or issue
2. Sense of relief or unburdening, feeling validated or understood
3. Less discomfort about sharing thoughts and feelings with a therapist/coach
4. Feeling less alone with carrying a struggle
5. Sense of next steps that would be constructive and doable
6. More hopeful about the possibility of solving the problem and making progress

Whether you reach out through IADAPT or some other venue, give yourself the gift of self-care. Your emotional well-being is a vital part of your life. It impacts everything else you do.