

*\*items are grouped by strategy for easy reference. Do not include the strategy names in the questionnaire*

### **Work Stressor Coping Strategies:**

#### *Instructions:*

Please indicate how often you personally have done each of the following to cope work stressors.

#### *Response Scale:*

1) Never have done this; 2) Hardly ever do this; 3) Seldom do this; 4) Occasionally do this; 5) Frequently do this; 6) Almost always do this

#### *1) Seeking assistance/sharing the workload*

- Share work responsibilities with other coworkers
- Seek assistance from others in completing my work tasks
- Enlist help from others in the company to complete my work tasks

#### *2) Rearranging schedule*

- Change my work hours
- Change around my work schedule
- Rearrange my work schedule

#### *3) Being organized/planning/scheduling*

- Prioritize my work tasks
- Plan out my work day in advance
- Try to plan ahead regarding my work duties

#### *4) Verbalizing with others/communication*

- Speak with others at work in order to get more information about a work issue
- Talk to others in the company in attempts to resolve a work-related problem
- Let others at work know when I cannot complete a project on my own

#### *5) Family-work segmentation*

- Actively try to keep my family problems at home
- Actively try to separate my family life from my work life
- Physically and emotionally keep my family problems at home

#### *6) Work-family segmentation*

- Actively try to keep my work problems at work
- Physically and emotionally keep my work problems at work
- Actively try to separate my work life from my family life

#### *7) Working to improve skills/efficiency*

- Seek out learning opportunities in order to improve my work skills
- Try new strategies in order to increase my work efficiency
- Do things (e.g., take classes, read books) to improve my job-related skills

8) *Cognitive restructuring*

- Examine work problems from the “bigger picture” perspective
- Approach work problems with a more positive attitude
- Change my attitude towards a work problem

9) *Changing behaviors*

- Change how I interact with coworkers who cause me stress
- Deal with people differently in order to reduce job stress
- Adjust my interpersonal style to suit a particular work problem

10) *Emotional disclosure*

- Share stressful situations with others at work
- Talk about my work problems with others
- Talk with someone about how I am feeling about job stressors

11) *Recreation and relaxation*

- Mentally “check out” for a few minutes
- Physically leave my office for a few minutes
- Engage in a short relaxing activity

12) *Exercise*

- Exercise
- Work out
- Engage in physical activity

## **Family Stressor Coping Strategies:**

### *Instructions:*

Please indicate how often you personally have done each of the following to cope family stressors.

### *Response Scale:*

1) Never have done this; 2) Hardly ever do this; 3) Seldom do this; 4) Occasionally do this; 5) Frequently do this; 6) Almost always do this

#### *1) Seeking assistance/sharing the workload*

- Delegate household responsibilities to other family members (e.g., spouse/partner, children)
- Ask my spouse/partner or children to assist with family responsibilities
- Delegate my family duties or tasks

#### *2) Rearranging schedule*

- Change when my work occurs
- Adjust when my work occurs
- Change around my work schedule

#### *3) Being organized/planning/scheduling*

- Prioritize my family duties
- Plan out my family responsibilities in advance
- Try to plan ahead regarding my family duties

#### *4) Verbalizing with others/communication*

- Communicate openly with my spouse/partner about family issues
- Speak with my spouse/partner in order to get more information about a family issue
- Let my spouse/partner know when I cannot handle certain family responsibilities on my own

#### *5) Family-work segmentation*

- Actively try to keep my family problems at home
- Actively try to separate my family life from my work life
- Physically and emotionally keep my family problems at home

#### *6) Work-family segmentation*

- Actively try to keep my work problems at work
- Physically and emotionally keep my work problems at work
- Actively try to separate my work life from my family life

#### *7) Working to improve skills/efficiency*

- Seek out learning opportunities in order to improve my ability to handle family responsibilities
- Try new strategies in order to increase my efficiency at home
- Do things (e.g., take classes, read books) to improve my ability to handle family responsibilities

#### *8) Cognitive restructuring*

- Examine family problems from the “bigger picture” perspective
- Approach family problems with a more positive attitude
- Take a step back and re-examine the problem

9) *Changing behaviors*

- Deal with my family members differently in order to reduce family stress
- Change how I deal with problems at home
- Change how I behave in response to family stressors

10) *Emotional disclosure*

- Vent to others about my family stress
- Talk about my family-related problems with others
- Talk with someone about how I am feeling about family stressors

11) *Recreation and relaxation*

- Mentally “check out” for a few minutes
- Separate myself from others to be alone for a few minutes
- Engage in a short relaxing activity

12) *Exercise*

- Exercise
- Work out
- Engage in physical activity

13) *Spending more time with family*

- Try to allow more time for family activities
- Schedule “family time” to ensure the family spends time together
- Maximize quality time with family members

14) *Taking care of marriage*

- Make sure to pay attention to my spouse/partner
- Spend quality time with my spouse/partner
- Make time for my spouse/partner

15) *Improving finances*

- Make getting our finances in order a priority
- Cut back on spending in order to improve my financial situation
- Work on improving the family financial situation