*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 with 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

Copyright 2014 Malissa A. Clark, Jesse S. Michel, Rebecca J. Early, & Boris B. Baltes, All rights reserved.