

Adaptive Coping Strategies Wheel for Difficult Times

Adaptive coping means adjusting your response to what you need and what you can influence. Use these four questions to choose your next step.



Start with the question that fits this moment.

You can combine approaches. You do not need to use every strategy.

Choose your next response

A short guide for turning the wheel into action.

01

Name the situation

Write down what happened and how you are feeling. Separate what you know from what you are assuming.

02

Choose the question that fits

Can you influence the situation? Try a practical action. Need space first? Try comfort or support. Feeling stuck? Explore your options.

03

Choose one small step

Make it specific and realistic. For example: "I will ask my manager which task is the priority before I agree to another deadline."

04

Review and adjust

After trying it, ask: Did this help? What do I need now?
Keep what works and choose a different approach when needed.

A break gives you space to return. Acceptance means recognising reality while still taking action where you can. Neither means ignoring the problem.

My next small step

The situation I am facing:

One response I will try, and when:

Who or what could help me:

Help your team thrive through change.

Bring practical tools for change and resilience to your next event.

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