

# Day 3

## Awareness

### Emotional **Coping** Account

In this session you will learn:

- Why is it important to identify the tendency you may have (like most people) to forget the things that are in your control when you feel that there is a lot that is out of your control?
- What is an Emotional Coping Account (ECA)? What are the withdrawals and what are the deposits in your ECA?
- How to use feelings to identify what is the balance in your Emotional Coping Account?
- What to do when feelings indicate that the balance in your ECA is low?
- How to identify your deposits by asking what you loved to do? What used to help you? What are you doing now?
- What are some of the less expensive deposits for your ECA than expensive vacations?
- What can happen if you don't check the balance, continue withdrawals but not make regular deposits in your Emotional Coping Account?

## Checklist

- ☐ Watch the video.
- ☐ Do the worksheet exercise and reflection.
- ☐ Complete the Action item to win the bonus and open the next session.

## Exercises

### Exercise 1. Feelings are the alert system for ECA

Like a Bank account, you have an inner Emotional Coping Account (ECA). Your feelings are the alert system of this account. Do you get alerts from your bank when your bank balance goes lower than a certain amount? I do. Similarly, when the balance in your ECA goes low, it gives you stress signals.

You identified your feelings, your stress signals and the ratio of stress to joy in the previous worksheet. What do those feelings and ratio indicate about the balance in your ECA today? Score it on the scale of Minus 10 (completely negative) to Plus 10 (completely positive).

-10 ----- 0 ----- +10

Positive balance = more joy.

Negative balance = more stress.

### Exercise 2. ECA Balance Sheet:

Like any bank account, the balance in the Emotional Coping Account is affected by the amounts of withdrawals and deposits. Everything that makes you feel bad is a withdrawal from this account. It includes all the outside stressful situations and your reactions that drain you and make you feel stressed. Everything that makes you feel good can be considered as a deposit. That includes good things that may happen from outside you or your internal response in the form of what you feel, say, and do that energize you and make you feel joy.

You can stop certain withdrawals by saying “no”. You are saying “no” to them so that you can say “yes” to other important demands. There are other withdrawals that may not be in your control to stop. But, there are certain actions you can take to increase the deposits and maintain the positive balance in your ECA. I have given an example of my recent ECA balance sheet followed by a blank balance sheet template for you to fill.

**Emotional Coping Account**  
**Example Balance Sheet**

Deposits	Withdrawal	Balance (+/-)
Taking a walk		+
	An argument	-
Petting a pet		+
Laughing with family		+
	Extra expense	-
	A sick child	-
Reading a good book		+
	A big project deadline	-
Stretching		+
Listening to Music		+
	Fear of income loss	-
Playing a game		+
	Elections	-
Bubble bath		+
	Got sick	-
Calling a friend		+
	Traffic ticket	-
Watching a comedy show		+
	Not drinking or eating for long stretches of time	-
Restful sleep		+



### Exercise 3. Deposit List:

In addition to making the above balance sheet, it also helps to make a list of all your potential deposits that you may not be doing at this time but you can do. This list can remind you in future of things that you can do.

List all the things that you can do that make you feel good, energized and expanded with joy. If you are having difficulty identifying your deposits, you may ask yourself; “What did I use to do that helped me in past? What did I love to do? Most people come up with one answer; vacation. Vacations definitely help but they may be expensive or prohibitive due to demands in your life. What are other inexpensive deposits that you can do within your limitations? (Walking, doodling, deep breathing, connecting with nature, reading, relaxing bath, meditation, art etc.). Make your list and post it in a prominent place as a reminder.

### My Potential Deposit List:

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

## Reflection

Here you can journal your achievements (your aha! moments) for today, acknowledge challenges and make plans to overcome those challenges.

Achievements:

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Challenges:

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Plans:

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## What If?

If you don't stay aware of the balance in your Emotional Coping Account (ECA), continue withdrawals more than your deposits, you can get in trouble.

On the other hand, if you do these exercises, you can develop the ability to stay alert to the balance in your ECA. You can make regular deposits to keep a good reserve hand. You can increase your deposits at times of high withdrawals/stressful times. You will be able to maintain your level of joy, be resilient to any stressor that may come your way and become a great manager of life. So, go ahead, take the action step for today.

## What Next?

- > Smile!
- > Wrap up the exercises and reflection.
- > Click complete to open the door to the next session.