

Chapter 1 : Acknowledge

Resource # 1

Emotional **Coping** Account

Exercise 1. Feelings are the **alert system**

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		+

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, review your balance sheet and list your deposits. Keep the deposit list in a visible place so you could refer to it and add at least one small deposit daily to your Emotional Coping Account.