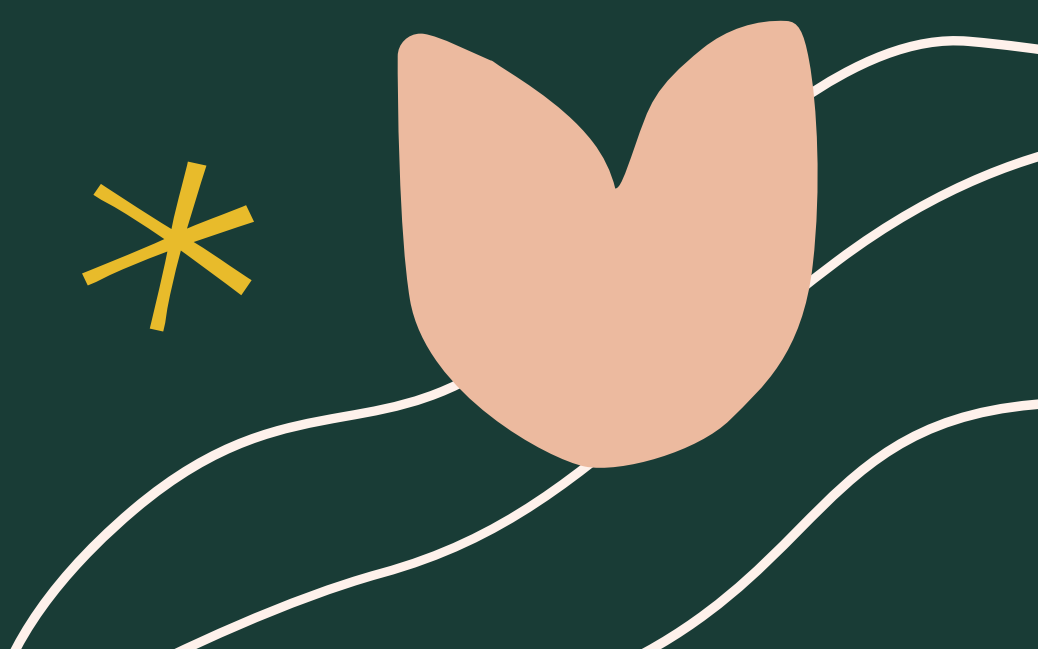
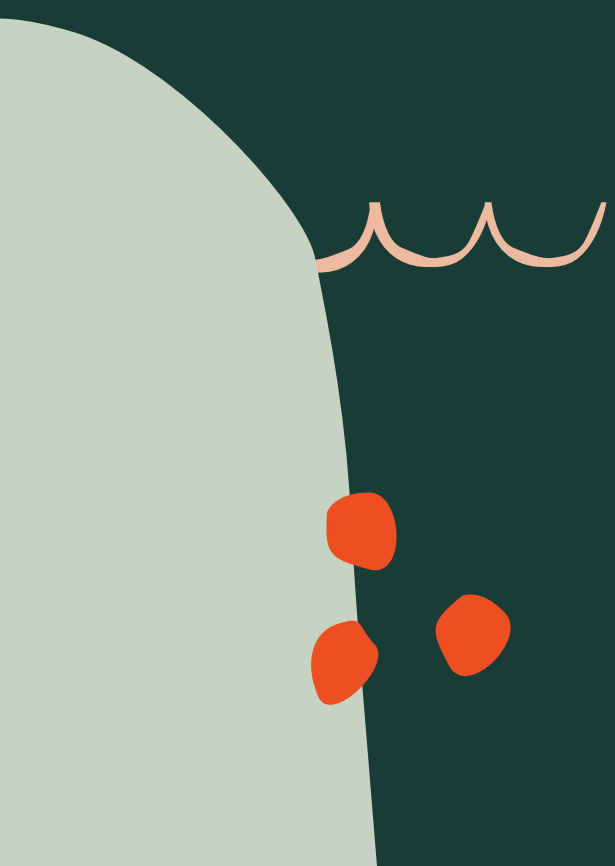




COPING STRATEGIES

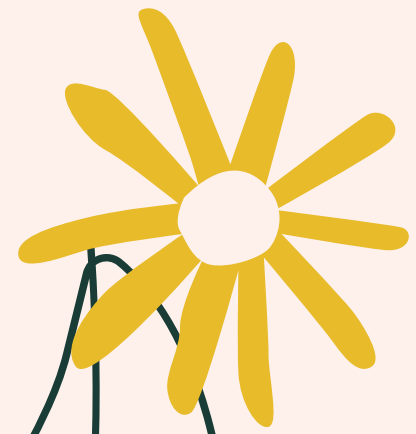
Nanda-Gikendan Miinawaa Noojima
Seek to learn and Heal: A Youth Workshop





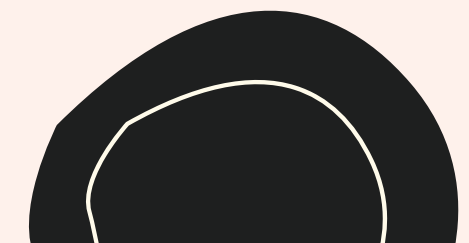
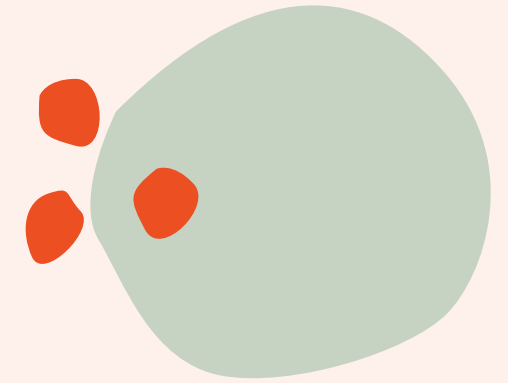
SHARING CIRCLE

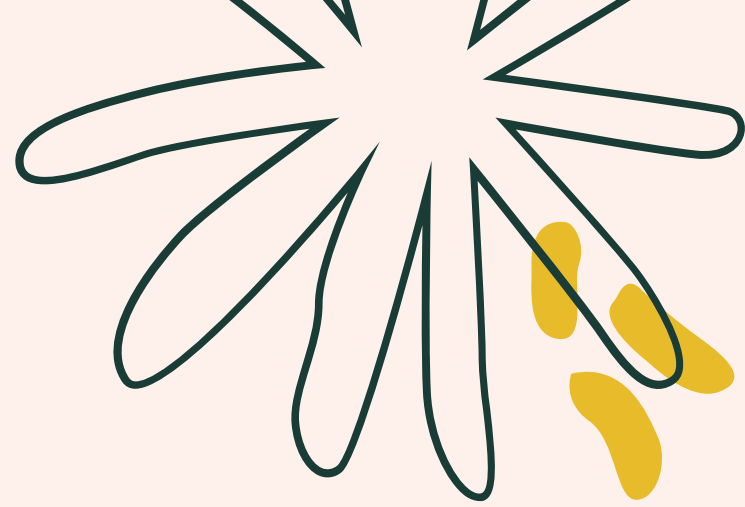
Do you know what a coping strategy is? if so what is it? or what do you think it is



What is a Coping Strategy?

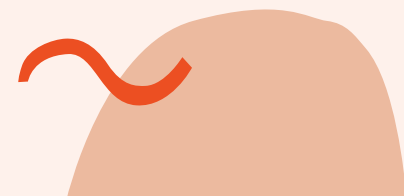
A coping strategy is a conscious effort to solve a personal or impersonal problem that will help in overcoming, minimizing, or tolerating stress or conflict.





Why are Coping Strategies Important?

COPING STRATEGIES ARE IMPORTANT BECAUSE THEY HELP YOU LEARN HOW TO HANDLE YOUR NEGATIVE EMOTIONS, PANIC ATTACKS, AND OTHER DIFFICULT SITUATIONS. THEY ALLOW YOU THE HANDLE THE SITUATION IN A MORE CONTROLLED WAY.



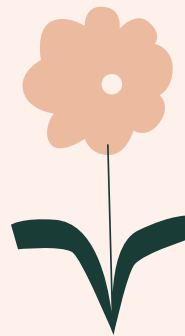
Examples of Coping Strategies



Listen to your favorite song



Paint or draw (art)



Read



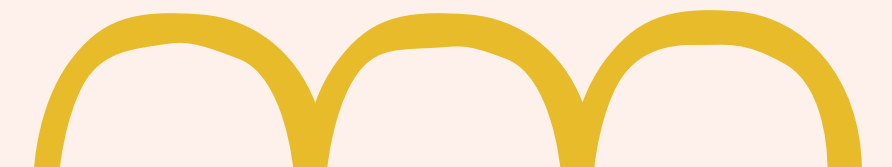
Journaling



Yoga/walking/hiking



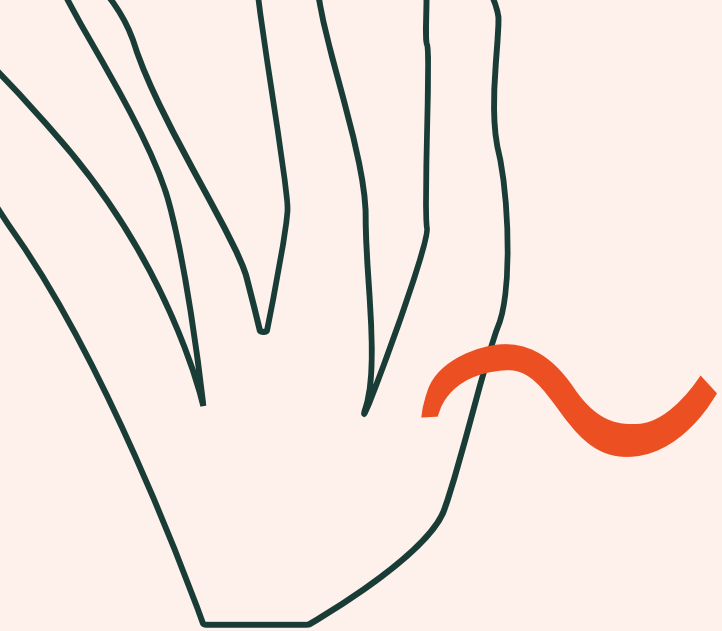
breathing exercises



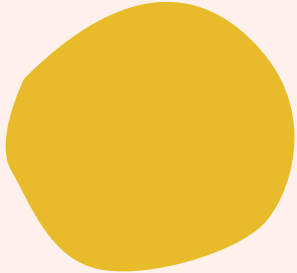
This is a Video of a Coping Strategy that you can try.



Here is the Canadian link for the kids help phone
<http://kidshelpphone.ca>



What Kind of Coping Strategies are there?



The two main types of coping strategies are emotion-focused coping strategies and problem-focused coping strategies, but they aren't the only strategies.



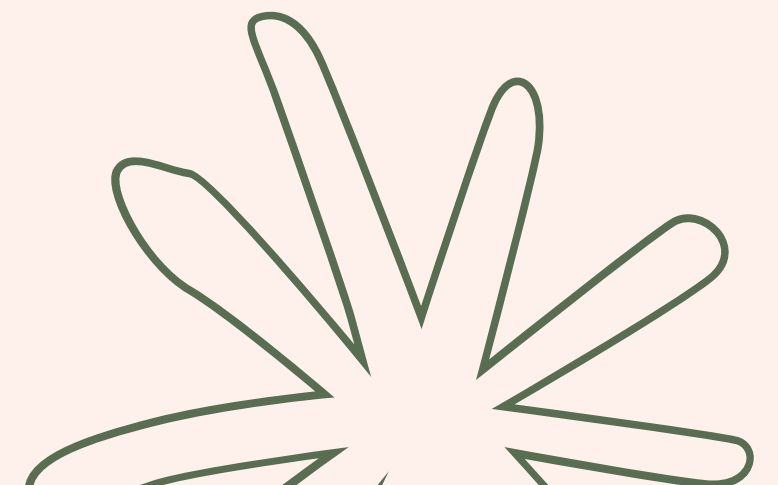
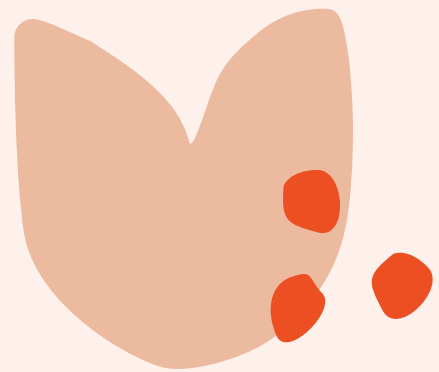
Emotion-Focused Coping Strategies



EMOTION-FOCUSED COPING IS A STRATEGY WHERE YOU CHANGE YOUR PERCEPTION, THE SITUATION IT SELF DOESN'T CHANGE BUT HOW YOU LOOK AT IT DOES. FOR EXAMPLE, MAINTAINING A SENSE OF HUMOR OR STAYING OPTIMISTIC ARE WAYS TO HELP YOU LOOK AT THE SITUATION DIFFERENTLY. THIS TYPE OF STRATEGY IS GOOD FOR SITUATIONS WHEN YOU HAVE LITTLE CONTROL OVER THE SITUATION OR CONTROL THE OUTCOME OF THE SITUATION AND YOU SEE YOUR STREESOR AS A CHALLENGE RATHER THAN A THREAT.

Problem-Focused Coping Strategies

Problem-focused strategies are a coping mechanism that helps you deal with stress by identifying that cause of the stress in an objective manner. Some people do this by finding information on the problem and learning new skills to manage the problem. Problem-focused coping is aimed at changing or eliminating the source of the stress.

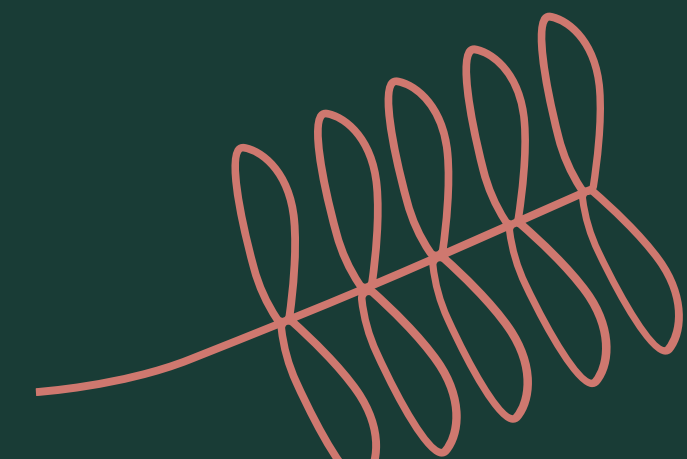


Are these coping strategies emotion-focused or problem-focused strategy?



which strategies are emotion-focused strategies and which ones are problem-focused strategies?

1. MEDITATION
2. TIME MANGEMENT
3. JOURNALING
4. EXERCISE
5. SELF CARE
6. CREATE A TO-DO LIST
7. ASK FOR SUPPORT



Answers

1. emotion-focused
2. problem-focused
3. emotion-focused
4. emotion-focused
5. emotion-focused
6. problem-focused
7. problem focused

Here are Some More Types of Coping Strategies

TYPES OF COPING SKILLS

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration
(ex: looking at or drawing motivational statements or images)
2. Something funny or cheering
(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

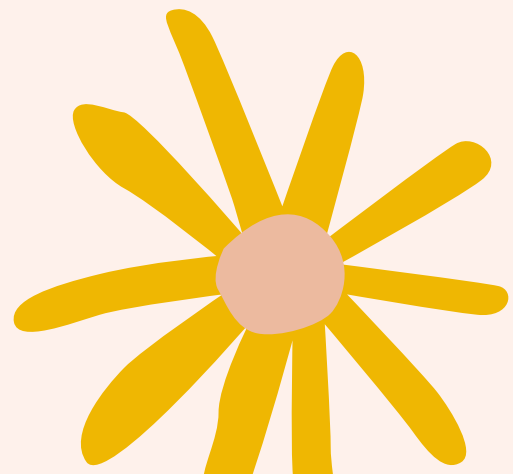
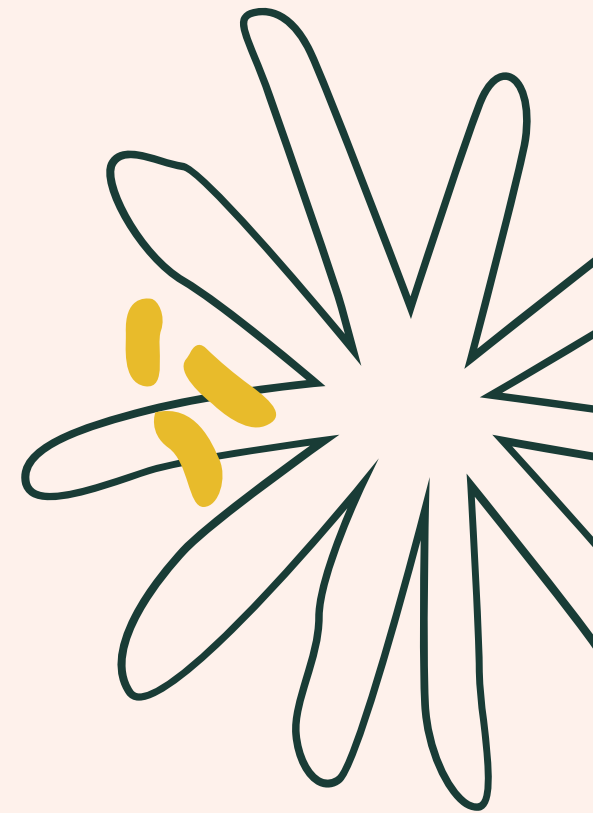
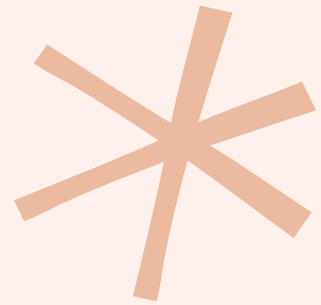
Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911



ARE THERE ANY
QUESTIONS?

