

News From Your School Psychologist

Issue No. 2

Topic: Coping Skills

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Coping Strategies

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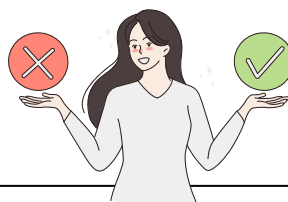
What are Coping Skills?

Coping skills are the tactics that people use to deal with stressful situations. Managing your stress well can help you feel better physically and psychologically and impact your ability to perform your best.

However, not all coping skills are created equal. Sometimes, it's tempting to engage in strategies that will give quick relief but might create bigger problems for you down the road. It's important to establish healthy coping skills that will help you reduce your emotional distress or rid yourself of the stressful situations you face.

Trial and Error

It is important to understand that developing coping skills is a process. It can take time to discover skills that work well with your individual personality, situation or circumstances. What works for one individual, may not work for another. Therefore, it is important to try out many coping skills and discover which work best for you.

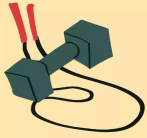


How Many Coping Skills Do I Need?

The coping skills you utilize during a situation when you are angry, may not work for you during a situation where you are upset. Therefore, developing a "tool belt" of sorts, is useful in having coping strategies that can be used in a variety of situations. Again, the development of these coping skills comes through trial and error. As you build your tool belt and expand your methods of coping, you'll start to learn which techniques work best for you in which situations!

Coping Skills

Emotion-Focused Coping Skills



Exercise



Take a bath



Give yourself a pep talk



Meditate

Problem-Focused Coping Skills



Work on managing time



Ask for support



Establish healthy boundaries



Create a to-do list

Problem-Based vs. Emotion Based

- **Problem-based coping** is helpful when you need to change your situation, perhaps by removing a stressful thing from your life.
- **Emotion-based coping** is helpful when you need to take care of your feelings when you either don't want to change your situation or when circumstances are out of your control.

How Can Parents Teach Coping Skills?



1. Listen and share in your child's journey to develop coping strategies.
2. Teach children to label their feelings.
3. Teach children to problem solve.
4. Create natural opportunities for emotional relief.
5. Practice gratitude and affirmations.
6. Provide your children opportunities to practice their coping skills.
7. Model the way!

Helpful Apps



Smiling Mind



Headspace



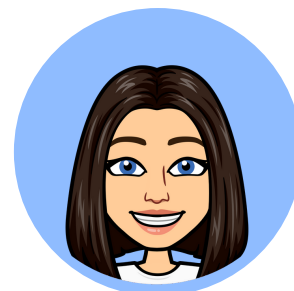
Calm



Dreamy Kid

Examples of Coping Skills

- Write, draw, paint, photography;
- Play an instrument, sing, dance, act;
- Take a shower or a bath;
- Take a walk, or go for a drive;
- Watch television or a movie;
- Play a game;
- Read
- Build with Legos or blocks.
- Organize
- Do some yoga or stretching.
- Talk to someone you trust;
- Set boundaries and say "no";
- Write a note to someone you care about;
- Exercise or play sports;
- Engage in catharsis (yelling in the bathroom, punching a punching bag);
- Cry or Laugh
- Get involved in a worthy cause.
- Drop some involvement;
- Prioritize important tasks;
- Use assertive communication;
- Schedule time for yourself.
- Close your eyes, and think about something you are looking forward to.
- Look at pictures, or think about a happy memory.
- Practice reframes. Instead of "I am stuck at home," try thinking, "I'm lucky that I am healthy and safe at home."
- Focus on what you can control. Create a list of ways to stay healthy (washing hands, eating healthy, getting exercise, etc.). Sometimes just having a plan can help us feel calmer and more in control



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