



Helpful Resources

Book:

- "The Way I Feel" Written and Illustrated by Janan Cain

Curricula:

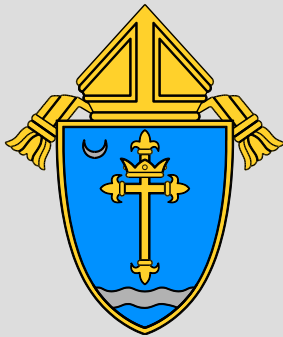
- Brainwise- Dr. Patricia Gorman Barry

Applications:

- Healthy Coping Skills- Free
- Introduction to Coping Skills- Free

Websites:

- <http://www.mhww.org/strategies.html>
- <http://www.yourlifeyourvoice.org/pages/tip-99-coping-skills.aspx>
- [mindfuloccupation.org](http://www.mindfuloccupation.org)



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School Tools

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Coping Skills



Dear Parents and Teachers,

Welcome back to an exciting new school year! This is an exciting time for our kids to learn new ideas, parents to maintain a steady schedule again, and teachers to make an impact on fresh minds. Although this can be very exciting, there still are challenges along the way. As we get stressed out and frustrated with the problems of the day we forget to take a deep breathe and calm ourselves back down.

Remembering our coping skills is a great way to have emotional, mental, and physical wellbeing. Coping skills can be defined as healthy and helpful strategies

that allow us to manage stress or difficult painful emotions. Coping skills range from seeking support, needing to relax, developing solutions to fix a problem, finding the humor in each situation, or using exercise to deal with stress. There are many different coping strategies that can be helpful, but the goal is to identify the best one for you.

Coping skills are very easy to include in your daily routine, but it does take practice. The first step is to identify the best way to manage stress. Some examples are reading a book for a certain amount of time or focusing on a puzzle to put your mind at ease. Those skills require an activity, but sometimes you might just need to take a deep breathe and tell yourself it will be okay. The important key to developing your coping skills is to find a way to release your mind from the stress in a healthy and helpful way.

What is so great about coping skills?

Benefits have been found in the following areas when coping skills are used:

- Stress reduction
- Improved mental health wellness
- Restored normal chemical balance within the brain
- Increased emotional validation
- Increased relationship satisfaction
- Reduced psychological distress
- Increased empathy
- Increased mindful communication
- Increased awareness of stress levels

(Mindful Occupation, 2011).

Coping Skill Strategies

These are examples of techniques that you can adopt at home or in the classroom
Tip: Have your kids practice these, as well.

- Exercise (run, walk, jog, etc.)
- Write poetry, stories, journal
- Draw or Color
- Be with you family or friends
- Do word search or crossword puzzles
- Play an instrument or sing
- Play with a pet
- Examine nature
- Take a couple of deep breaths
- Count to 10 very slowly
- Tell yourself it will be okay or you can do this
- Read a good book
- Clean something
- Plan your dream room with colors and furniture
- Think about a place you would like to visit
- Complete something on your "To Do" list
- Talk to someone close
- Stretch
- Start a hobby or continue your hobby
- Play a game
- Yoga
- Hug a friend or a family member
- Memorize your favorite song
- Bake or cook
- Make a list of things you want to accomplish
- Do homework or work that needs to be finished

Important info. For
Parents & Teachers!

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