

# Coping with



**Aim:** How can individuals apply healthy coping techniques to their everyday life?

**Do Now:** Please take a paper from the front and complete the questions honestly

**Read the directions carefully**

# What is coping?

-Deal effectively with something difficult

How do you cope with stress?

# Coping with stress

- Take care of yourself.
  - Eat healthy, well-balanced meals
  - Exercise on a regular basis
  - Get plenty of sleep
  - Give yourself a break if you feel stressed out
- Talk to others. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.
- Avoid drugs and alcohol. These may seem to help, but they can create additional problems and increase the stress you are already feeling.
- Take a break. If news events are causing your stress, take a break from listening or watching the news.
- Recognize when you need more help. If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

<https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html>

# HOW TO DEAL WITH STRESS



• MEDITATE •



• SET GOALS •



• TALK TO FRIEND •



• EXERCISE •



• AVOID CAFFEINE •



• SLEEP BETTER •



• BREATHE DEEPLY •



• EAT RIGHT •

# 4 Steps to cope with stress

- 1.) Define the problem
- 2.) Think of possible solutions
- 3.) Evaluate and select possible solutions
- 4.) Implement the solutions