

5. *Spiritual*

- Pray or meditate;
- Enjoy nature;
- Get involved in a worthy

Ways to Build Resilience

1. Build up your confidence.
1. Accept compliments when they are given to you.
2. Make time for your loved ones.
3. Give support to others when needed and accept support from others when needed.
 1. Create and stick to a realistic budget.
 2. Volunteer in your Community.
 1. Find ways to manage your stress on a regular basis.
 2. Share your burdens with others, especially those who have been through the same things.
 3. Identify and address your shifting moods.
 4. Learn how to be at peace with yourself.

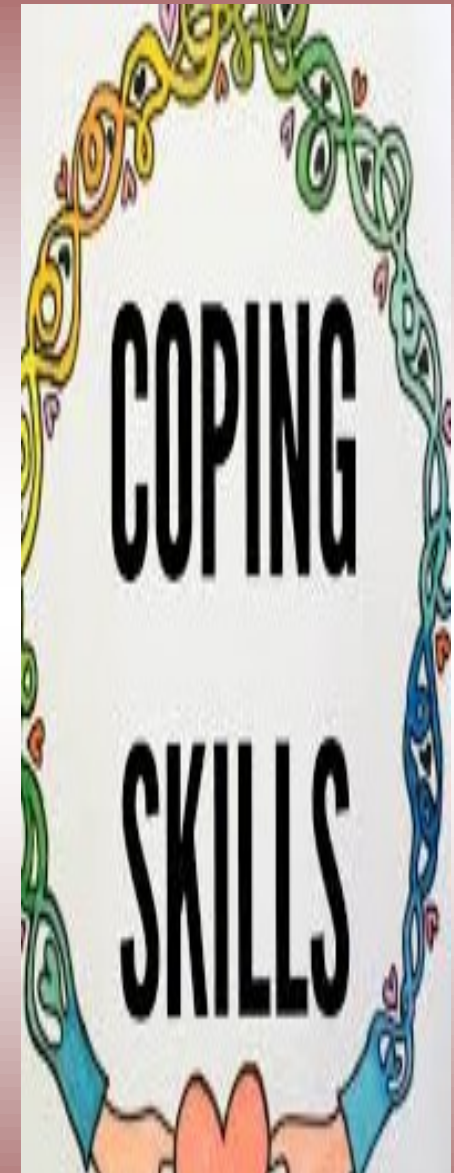


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WHAT ARE COPING SKILLS?

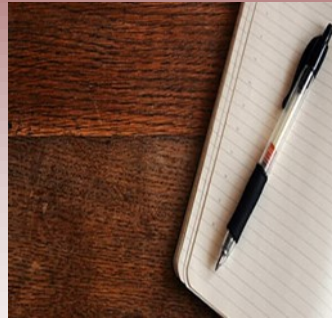
Coping skills are things we can do to make ourselves feel better when we are going through difficult times.

TYPES OF COPING SKILLS

1. *Social/ Interpersonal Coping*

- ⇒ Talk to someone you trust
- ⇒ Set boundaries and say “no”
- ⇒ Write a note to someone you care about
- ⇒ Be assertive
- ⇒ Use humor
- ⇒ Spend time with friends and/or family
- ⇒ Serve someone in need
- ⇒ Care for or play with a pet
- ⇒ Role-play challenging situations with others
- ⇒ Encourage others.

2. Cognitive Coping



- ⇒ Make a gratitude list
- ⇒ Brainstorm solutions
- ⇒ Lower your expectations of the situation
- ⇒ Keep an inspirational quote with you
- ⇒ Be flexible
- ⇒ Write a list of goals
- ⇒ Take a class
- ⇒ Act opposite of negative feelings
- ⇒ Write a list of pros and cons for decisions
- ⇒ Reward or pamper yourself when successful
- ⇒ Write a list of strengths
- ⇒ Accept a challenge with a positive attitude.

3. Tension Releasers

- ⇒ Exercise or play sports
- ⇒ Engage in catharsis (yelling in the bathroom, punching a punching bag)
- ⇒ Cry
- ⇒ Laugh.



4. Physical

- ⇒ Get enough sleep;
- ⇒ Eat healthy foods;
- ⇒ Get into a good routine
- ⇒ Eat a little chocolate
- ⇒ Limit caffeine
- ⇒ Practice deep/slow breathing.

