

Coping Skills and Resilience

Adapted by Alissa Brown, Psy.D. from materials created by Minding Your Mind

Coping skills are the strategies you use when faced with stressful or problematic situations to help manage painful or difficult emotions. Sometimes we use coping strategies unconsciously. Our coping skills might be healthy or unhealthy. It is important to be aware of how you cope so that you can choose healthy coping strategies and build up your toolbox of skills.

This section provides guidance about positive vs. negative coping skills and different positive coping skills for different situations, such as emotional release, ways to self-soothe, distraction, and self-compassion. Understanding that all people face challenges and difficult emotions, this section also provides education about how to get through adversity and promote resilience through identifying, accessing, and supporting the tools, skills, and relationships one can use to overcome challenges.

- Cabrini is partnering with the Minding Your Mind program throughout 2021. Check out all of the online mental health resources here: https://online.mindingyourmind.org/bundles/for-students?th_ug=31bc446c
- Undergraduate students at Cabrini also have access to free, confidential counseling services at CAPS – Counseling and Psychological Services. For more information, visit our website at: www.cabrini.edu/counseling, or call 610-902-8596, or email us at jennifer.gorman@cabrini.edu

Brief videos to get you started:

Coping Skills - <https://vimeo.com/453346461/3ad7105308>

Thoughts, Feelings, and Actions - <https://vimeo.com/453342963/5b50098070>

HEALTHY COPING SKILLS



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In the boxes below you will see different types of healthy coping skills.

Emotional Release

Let out your feelings in a healthy way! Try these when you feel overwhelmed.

- Write about your feelings and/or what you are experiencing
- Let yourself cry
- Watch something funny and let yourself laugh
- Talk to a mental health professional
- Talk to a friend or trusted adult

TIP: Expressing and releasing our feelings can be challenging sometimes. Sharing your emotions with a trusted adult can be helpful.

Self-Compassion

Being kind and generous to yourself helps combat shame, guilt, and worry.

- Speak kindly to yourself, quiet any negative self-talk
- Remind yourself that everyone makes mistakes
- Use positive thoughts to improve your mood
- Give yourself positive affirmations

TIP: Treat yourself like you would treat your best friend. Be kind and supportive. Be forgiving.

Distraction

Focus on something else temporarily to decrease difficult feelings.

- Listen to a podcast
- Clean and organize
- Play video games
- Paint, draw, or engage in an art activity
- Exercise
- Watch TV or watch a movie

TIP: It is not healthy to distract yourself for extended periods of time. Eventually, you have to deal with the underlying issues.

Self-Soothing

Calm your mind and body to reduce feelings of stress, anxiety, and worry.

- Breathe deeply for a few minutes
- Yoga, dance, or other movement
- Meditate, listen to a guided meditation
- Take a warm shower or a bath
- Go for a walk

TIP: Do a grounding technique. Example: Name 5 things you see, 4 things you hear, 3 things you smell, 2 things you can touch, and 1 thing you taste.

BUILDING RESILIENCE



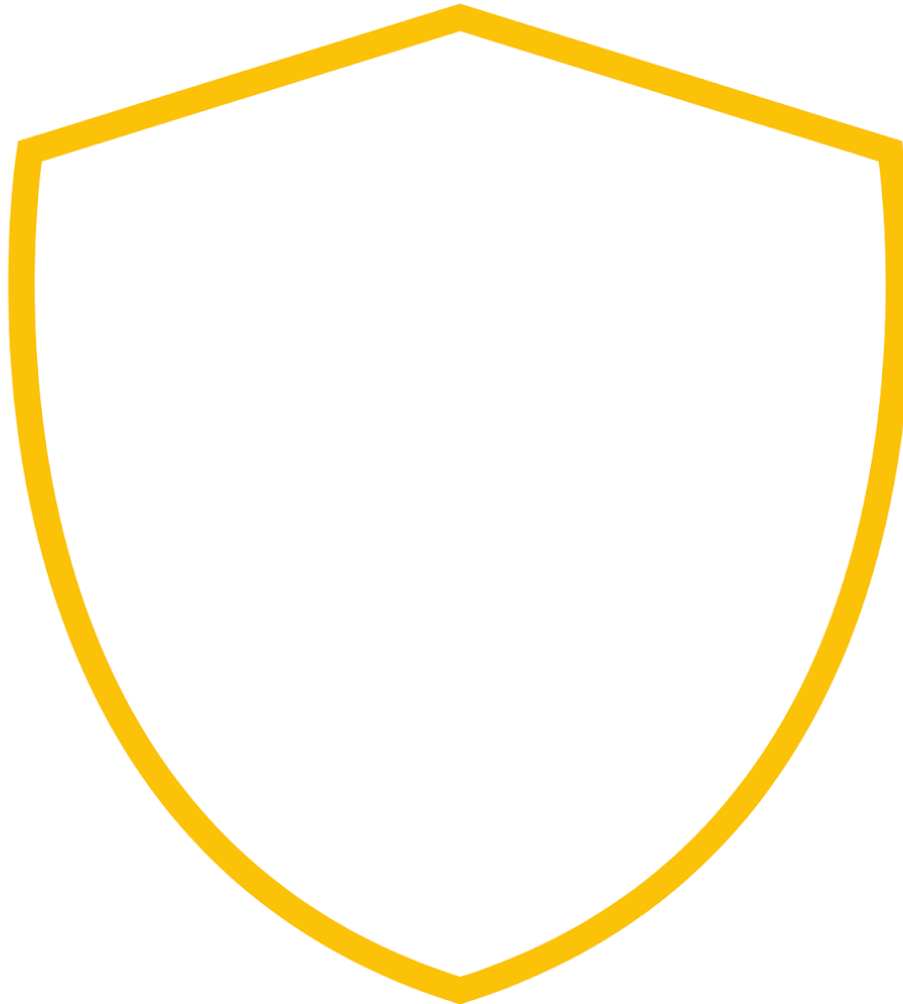
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Protective factors are a variety of skills, resources, and attributes that help people to overcome difficulties and become resilient. These include: supportive people, healthy coping skills, a sense of purpose or goals, positive personal qualities, and healthy lifestyle choices.

Shield of Strength: This tool allows you to identify the protective factors that will help you during life's inevitable challenges. Next time you are faced with a challenge use something on your shield to help you overcome it!

Directions: In the boxes below, type your protective factors, including your supportive relationships, healthy coping skills, positive personal qualities (examples: compassionate, helpful, intelligent, athletic, creative, artistic), and healthy choices that build resilience.





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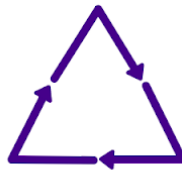
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TFA TRIANGLE PRACTICE

Directions: Think of a situation and use the Thoughts, Feelings, and Actions Triangle to complete the worksheet.

What happened?

My Thoughts



My Actions

My Feelings



New Thoughts



New Feelings



New Actions



We have to be mindful and pay attention to our thoughts in order to change them! Once we catch and change the negative and irrational thoughts we will see a big difference!