

WHITEFORD ELEMENTARY SCHOOL

COUNSELING CORNER

COPING SKILLS

Coping skills are tools you can use to help manage difficult emotions, lower stress, and calmly solve problems. They can be helpful when you're feeling angry, sad, worried, or overwhelmed. Sometimes you have to try a coping skill several times before it feels more comfortable to practice on your own and understand if it's working or not. If the coping skill doesn't seem to be helping the problem, simply try another one! It is helpful for a child's grown up to model "I-Statements" ("I feel ___ when ___. I need ___.") and talk about their own healthy coping skills to begin the process!



COPING SKILLS ALPHABET

<p>Aa Ask for help</p>	<p>Bb Belly breaths</p>	<p>Cc Count to 10 or 100</p>	<p>Dd Do something creative</p>	<p>Ee Eat a healthy snack</p>
<p>Ff Fidget toy</p>	<p>Gg Grounding exercises</p>	<p>Hh Hug a loved one or pillow</p>	<p>Ii Ignore negative people</p>	<p>Jj Journal</p>
<p>Kk Kindness to yourself & others</p>	<p>Ll Listen to music</p>	<p>Mm Make a gratitude list</p>	<p>Nn Enjoy Nature</p>	<p>Oo Open up to friends or family</p>
<p>Pp Practice mindfulness or meditation</p>	<p>Qq Question negative thoughts</p>	<p>Rr Run, Walk or jog</p>	<p>Ss Squeeze a stress ball</p>	<p>Tt Take a break</p>
<p>Uu Use positive affirmations</p>	<p>Vv Visualize a peaceful place</p>	<p>Ww Watch a movie or TV show</p>	<p>Xx Exercise</p>	<p>Yy Yoga</p>
				<p>Zz Get enough Zzz's</p>

HEALTHY VS. UNHEALTHY COPING SKILLS

Healthy coping skills improve our situations, lead to long-lasting positive results, and relieve the intensity of the emotion. Healthy coping skills include talking about the problem, journaling, practicing deep breathing and mindfulness, and going for a walk.

Unhealthy coping skills may feel good in the moment, but they don't improve the situation and can have long-term negative consequences. Unhealthy coping skills include procrastination, social withdrawal, and aggression.

