

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: HOW TO BUILD COPING SKILLS



Is it difficult to let go of emotions after an upsetting or stressful situation? Building coping skills will prepare you to calm yourself down and minimize these feelings.

When life presents us with stressful situations, it is important we are prepared to effectively handle them. Coping skills are strategies that help you calm down in the face of a situation that triggers emotions. Strategies may include relaxation techniques, such as deep breathing, physical activity, using problem solving skills to think through possible solutions and knowing who you can talk to when you need some support. People use a variety of coping strategies, and it is important to know which ones work best for you. It can be scary and take courage to face situations that may trigger emotions, but by building your coping strategies, you may feel even more courageous when a situation arises.

Practice Courage Today:



1. KNOW HOW TO IDENTIFY YOUR EMOTIONS. IN ORDER TO IDENTIFY AN EMOTION, IT WILL BE IMPORTANT TO KNOW WHAT IT LOOKS LIKE, HOW IT SOUNDS, AND HOW IT MAKES YOUR BODY FEEL.
2. PRACTICE CALM DOWN STRATEGIES, SUCH AS DEEP BREATHING OR COUNTING BACKWARDS FROM 10. LEARN WHICH STRATEGY WORKS BEST FOR YOU.
3. PRACTICE MINDFULNESS ACTIVITIES BY PAYING ATTENTION TO YOUR SENSES. WHEN AN UPSETTING SITUATION OCCURS, USE THIS SKILL TO BE PRESENT IN THE MOMENT AND NOTICE YOUR THOUGHTS AND FEELINGS BEFORE ACTING ON THEM.
4. COMPLETE SELF-AWARENESS EXERCISES. THINK ABOUT YOUR STRENGTHS AND PASSIONS. KNOWING THESE MAY HELP YOU BUILD CONFIDENCE IN YOURSELF, WHICH MAY BE USEFUL IN THE FACE OF A CHALLENGING OR STRESSFUL SITUATION.
5. EMBRACE A GROWTH MINDSET. THIS IS THE IDEA THAT WE CAN LEARN AND MAKE ACCOMPLISHMENTS WHEN WE WORK HARD. HAVING THIS MINDSET MAY HELP YOU REMEMBER THAT YOU CAN LEARN AND GROW FROM YOUR CHALLENGES.



Parent Practice Tip:

Prepare your child for an upsetting situation by encouraging your child to try different coping strategies. Talk with your child about which methods help them feel better.

To Learn More:

What is Courage ?

Animated Ideas for Coping Strategies

25 Coping Skills for All Ages

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