



# Healthy Coping Skills

Outreach & Engagement

# What are Healthy Coping Skills?

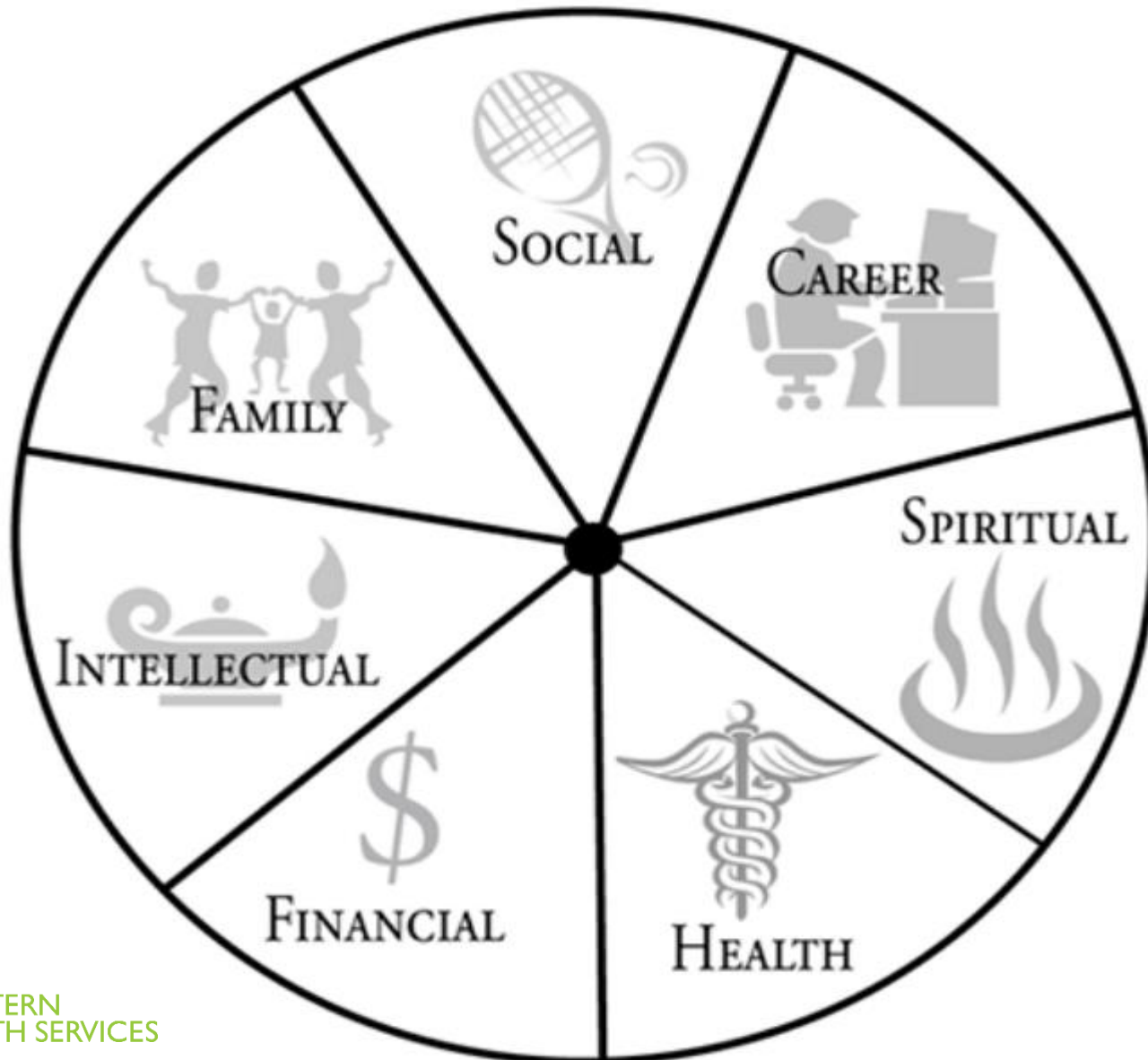
Positive and encouraging skills that assist in managing physical or emotional stress.



# Definition of Stress

- Stress is a feeling that's created when we react to particular life events and/or situations.
- Stress is the body's way of rising to a challenge and preparing to meet a tough situation
- Stress is natural!...**It is a reaction to a stressor**

# Sources of stress



# How do you deal with it?

Everyone deals in many different ways, with either:

- Positive Coping skills
- Negative Coping Skills



# Negative Coping

- Negative coping skills offer temporary and harmful relief.
- Examples of negative coping skills:
  - Drugs & Alcohol
  - Self-Harm
  - Ignoring or storing hurt feelings
  - Angry outbursts
  - Running away
  - Shutting out others
  - Over/under eating

# Positive Coping

- Positive Coping skills offer positive ways to manage physical or emotional stress.
- Positive Coping Skills:
  - Deep Breathing exercises
  - Get some air/sun
  - Physical activity
  - Hobbies
  - Read
  - Volunteer
  - Develop positive social networks

# Deep Breathing

- Inhale as if you are taking in all the air in the room.
- Exhale as if you are putting all the air back into the room.
- Slowly and intentionally do this 3 times.





# Meditation

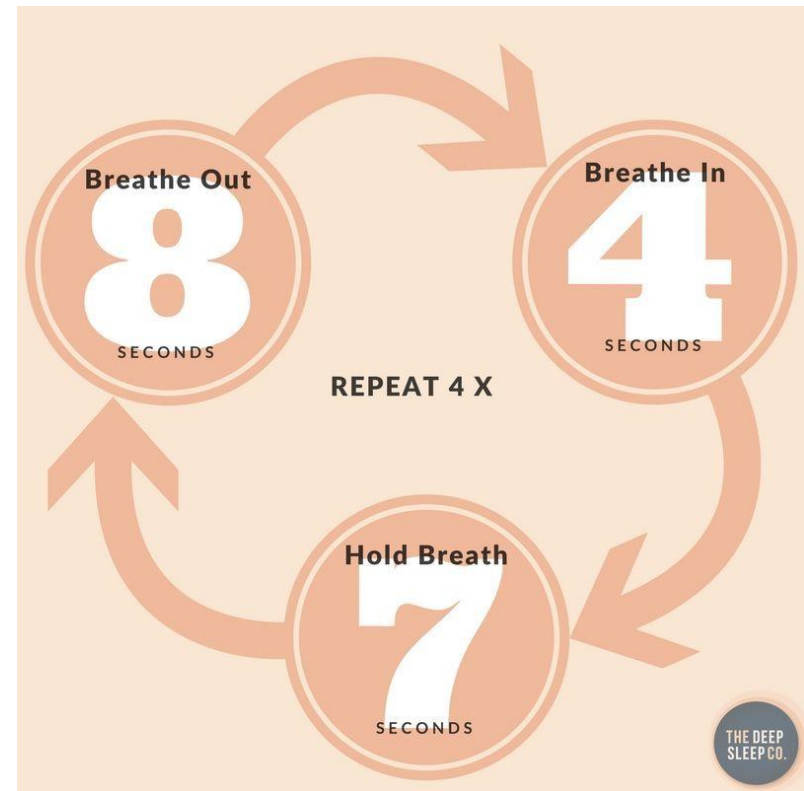
## Deep Breathing Techniques

Breathe in through your nose until the count of 4.

Hold that breath for a count of 7.

Release and exhale for a full count of 8.

\*Adjust as necessary. (3-6-7, 3-5-6, etc.)



# Meditation

## BELLY BREATHING: IT'S GOOD FOR YOUR BRAIN.

Some time today, try belly breathing to calm your mind and body.

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose for a count of four, making sure your belly is expanding and not your chest. Exhale through your mouth for a count of four.
- Continue this breathing cycle for a few minutes.
- Feel the stress leave your body while your mind becomes calm.



# Get some air/sun

- Go outside and sit quietly in a warm sunny place
- Close your eyes and use Deep Breathing skill.
- Listen to the sounds of nature (Birds, leaves, breeze)



# Physical Activity

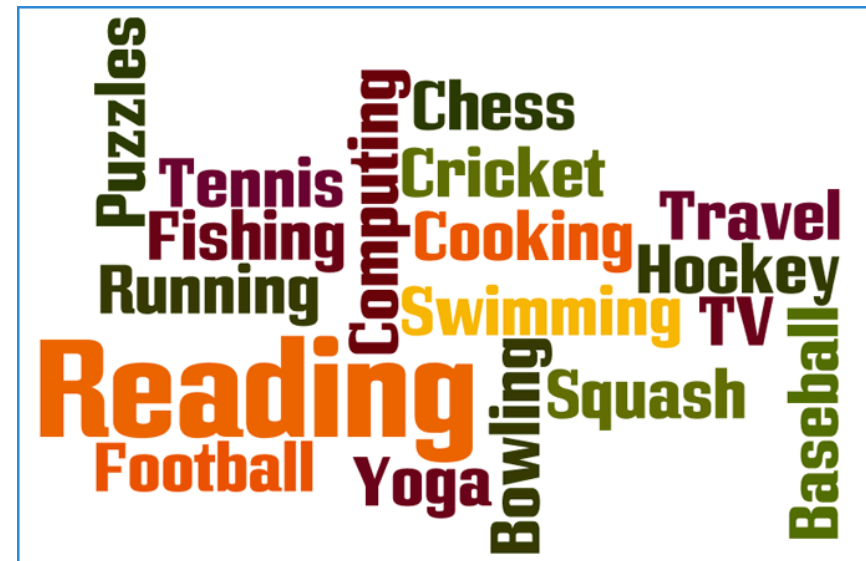
## Physical Activity:

- Moving around and getting the heart rate up causes the body to release endorphins (the body's feel good hormones). Exercising provides some stress relief.



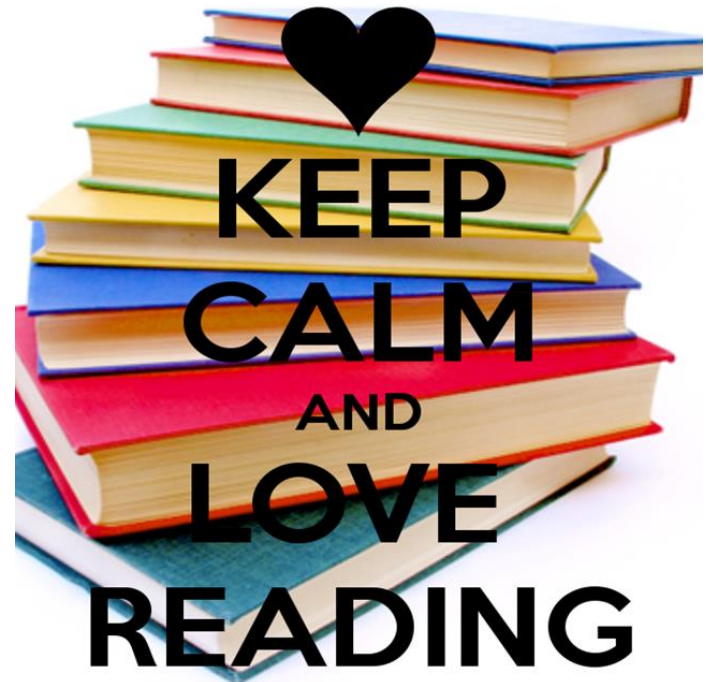
# Hobbies

- Play a musical instrument
- Sing
- Dance
- Hike
- Work on a car
- Draw
- Paint
- Write



# Read

- Escape from reality completely by reading. Reading can help you to de-stress by taking your mind off everyday life.



# Volunteer

- Being involved in community gives a sense of purpose and satisfaction that paid work cannot. Find a local organization where your life skills can be put to good use.



# Social Networks

- Find a positive support group that supports you and helps you stay positive:
  - Church youth groups
  - Boy/Girl Scouts
  - School or community Clubs.
  - Positive family members
  - Friends with positive family models.
  - Teen support groups (LGBTQ, Al-anon for Teens, NAMI Family Support)



# Discussion

- **What have you learned about positive coping skills?**
- **What are some positive coping skills that you can start using?**

# Activity: Coping Skills in a bag



# Western Youth Services

## Outreach & Engagement Program

- ✓ **Free Services for All Ages**
  - Workshops
  - Case Management
  - Support Groups
  - Referral & Linkage
  
- ✓ **Services are available for all who live in Orange County**