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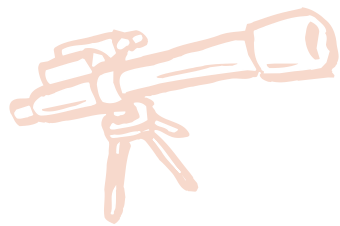
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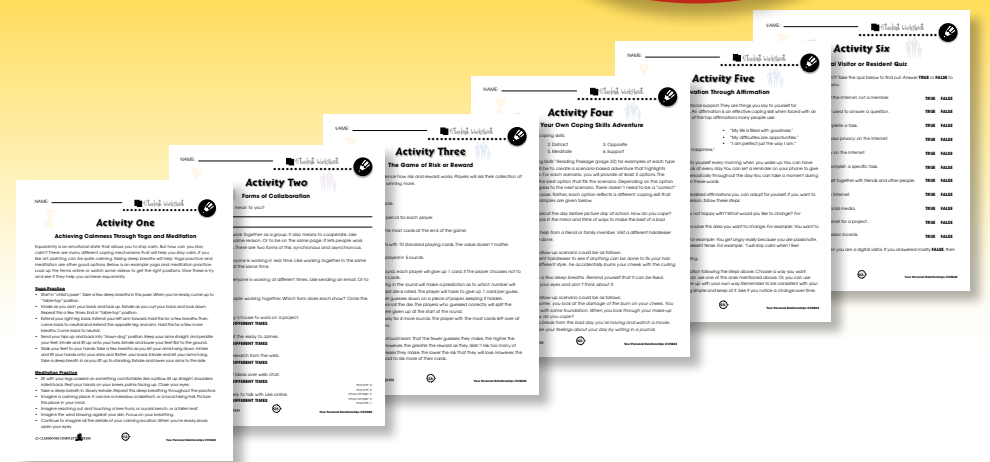
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## Coping Skills

1. Aoi is scared of heights. She wants to visit her grandmother overseas. She would need to take a plane. She is scared of flying. Aoi decides to stay where she is and not see her grandmother. Is Aoi using healthy or unhealthy coping skills? Come up with an alternative coping skill Aoi could use.

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2. Hossein has not been feeling himself lately. He's been having trouble sleeping and eating. He isn't sure what's been bothering him. He decides to go see a therapist. Is Hossein using healthy or unhealthy coping skills? Come up with an alternative coping skill Hossein could use.




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3. With a straight line, connect each word on the left with its meaning on the right.

1	affirmation	A sudden need or action.	A
2	impulse	Extreme nervousness or panic.	B
3	expression	Feeling worried about something.	C
4	stress	Breathing fast and deep.	D
5	anxiety	A short statement to provide positive thinking.	E
6	hyperventilation	To show how you're feeling.	F



## Coping Skills

**Coping** is what someone does to get rid of bad feelings. Coping is plans to help deal with a stressful situation. Coping skills are used for two kinds of problems: emotional and task.

**Emotion-based coping** takes care of your feelings. It is used when something is out of your control. Like when you feel sad after you lose someone close to you. **Task-based coping** is when you talk out something in your life that causes stress. Like if you're fighting with a neighbor. It's creating an unlivable situation. You may decide to move.

Coping skills for...

...emotional problems: Exercise. Bath. **Affirmation**. Meditate.

...task problems: Time management. Ask for help. Set boundaries. Make a to-do list.

Types of coping skills:

- **Comfort:** Stress ball. Pet a soft animal. Listen to music. Drink soothing tea. Light a scented candle.
- **Distract:** Take your mind off of what's bothering you. Puzzle. Read a book. Watch a movie.
- **Opposite:** Acting against negative **impulse**. Affirmations. Motivate yourself.
- **Expression:** Share your feelings in a positive way. Write in a journal. Draw or paint.
- **Meditate:** Reflect and ground yourself in the moment. Meditation. Yoga. Breathing exercises.
- **Support:** Get support when extra help is needed. Talk to friends and family. Therapist. Crisis hotline.

Yae-joon is worried. His grandfather is sick and in the hospital. His family has all come in from out of town. He visits with his grandfather every day. Yae-joon is afraid. He's unable to concentrate at work. He isn't sleeping well or eating much. The 6 types of coping skills are listed below. Which ones would benefit Yae-joon the most in this situation? Circle all that apply.

**Comfort**

**Distract**

**Opposite**

**Expression**

**Meditate**

**Support**



## Coping Skills

1. Fill in each blank with the correct word from the reading.

\_\_\_\_\_ coping takes care of your feelings. It is used when something is out

a

of your \_\_\_\_\_. Like when you feel sad after you lose someone close to

b

you. \_\_\_\_\_ coping is when you talk out something in your life that causes

c

\_\_\_\_\_. Like if you're fighting with a neighbor. It's creating an \_\_\_\_\_

d

e

situation. You may decide to move.

2. A series of scenarios are given. Circle the word **STRESS** if it's an example of stress. Circle the word **ANXIETY** if it's an example of anxiety.

a) Elizabeth has a dentist appointment. She feels sick to her stomach.

**STRESS**                      **ANXIETY**

b) Luis is giving a presentation. His heart is racing.

**STRESS**                      **ANXIETY**

c) Nia is getting on a plane. She is sweating and shaking.

**STRESS**                      **ANXIETY**

d) Jaa is worried about starting a new job tomorrow. He is having trouble sleeping.

**STRESS**                      **ANXIETY**



## Coping Skills

3. The following is a list of some unhealthy coping skills. Think about your own life. Have you ever used one of these coping skills? If not, was there a time you almost did, but then decided to use a healthy coping skill? Explain below. Then, explain how you could switch from this unhealthy coping skill to a healthy one.



Escape/Isolation

Self-soothing (Indulgent)

Numbing

Risk-taking

Self-harm

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### Graphic Organizer

4. Use the graphic organizer on page 12 to help navigate conflict management.

Conflict management is being able to handle a disagreement between two or more people. In conflict management, the goal is to lower the negative effects and increase the positive ones. There are many different conflict management styles. The graphic organizer highlights these different styles.

When involved with an argument, identify the conflict management style each person is using. The goal is to reach a compromise. For each conflict management style, write down a conflict resolution skill that will help lead to a compromise. Some conflict resolution skills include: facilitation, assertiveness, mediation, empathy, interviewing, active listening, accountability, and creative problem-solving. Do some research online to learn how each of these conflict resolution skills can help in an argument.

# Assertiveness Techniques to Halt Confrontations

Benefits of being assertive are: gain confidence and improve self-esteem. But how do you become assertive? There are two key techniques that will help you become an assertive person.

**Fogging:** This technique is used when people are manipulating or being aggressive. This technique focuses on a calm response with words that are not defensive. This technique works by catching the other person off guard. Someone is looking for a specific response, either defensive or argumentative. You react in a way they are not expecting, which stops the confrontation.

Example:

"I've been waiting 20 minutes. We're late for the movie. It started 5 minutes ago!"  
 "Yes, I am a bit late and I know this has bothered you."  
 "Of course it has! I hate missing the start of the movie. You should have thought about that."  
 "You're right. I did think about how'd you'd react to missing the start of the movie."  
 "Ok then. Well, what kept you?"

**Stuck Record:** This technique has you repeat what you want over and over again. Make sure you do this calmly. Do not raise your voice. The idea here is through repetition, you make your points clear. You will not be distracted or lose focus. The person you're arguing with will not be able to steer the conversation into a different direction. Constant repetition keeps the argument on track.

Example:

"I bought this tablet a month ago and it stopped working. I would like a refund please."  
 "It has a few scratches on it. Are you sure you haven't mishandled it?"  
 "I've only had it a month and it is faulty. I would like a refund please."  
 "The warranty doesn't cover damage caused by the consumer after purchase."  
 "The tablet stopped working after only a month. I would like a refund please."

Activity:

Hold a mock confrontation with a partner. Each take turns using the fogging and stuck record technique. How does it catch your partner off guard? How long until the confrontation is stopped? How does the other person react to constant repetition?

# Crossword Puzzle!

**Across**

- 2. Keeping things secret.
- 3. To be counted on. Dependable.
- 7. Being sure of yourself.
- 9. To think deeply on something.
- 11. An emotional state that allows you to stay calm.
- 12. Your gut feeling.
- 14. A collection of different things.
- 15. Feeling panicked over something.

**Down**

- 1. Something is even or equal to another.
- 4. Finishing something quickly and well.
- 5. Understanding the feelings of others.
- 6. Downsides to something.
- 8. A plan of action.
- 10. Using logic and reasoning.
- 13. The reason behind someone's actions.

**Word List**

- anxiety
- balance
- confident
- consequences
- diversity
- efficient
- empathy
- equanimity
- intuition
- meditate
- motive
- privacy
- rational
- reliable
- strategy

# Comprehension Quiz

**Part A**

Circle **TRUE** if the statement is TRUE or **FALSE** if it is FALSE.

- TRUE FALSE** a) When two people collaborate on something, one person is helping the other achieve their goal.
- TRUE FALSE** b) It's better to never take any risks.
- TRUE FALSE** c) Exercise is a great way to help cope with stress or anxiety.
- TRUE FALSE** d) A collaborator is someone who can lead.
- TRUE FALSE** e) Rational decision-making uses intuition.
- TRUE FALSE** f) Task-based coping is when you talk out something in your life that causes stress.

**Part B**

Put a checkmark (✓) next to the answer that is most correct.

- a) What is NOT a form of successful collaboration?
  - A Looking for solutions.
  - B Owning mistakes.
  - C Listening to others.
  - D Taking credit of others' work.
- b) What will a good problem solver NOT have?
  - A Emotional intelligence.
  - B Lack of emotional control.
  - C Creative mindset.
  - D Risk management.

# Stages of Meditation



1. Sit still and cross legs.
2. Breathe in and out slowly. Count to five as you inhale. Count to five as you exhale.
3. Close your eyes. Focus your attention on your breath.
4. Check in with your body. Reflect on anything you might be feeling. Start from the bottom up. Breathe into any part of your body that feels tense.
5. Clear your mind. Think of one thing, like a fire or waterfall. Focus on your breath.
6. Do this for 5-10 minutes. Open your eyes when you're ready to finish the practice.



# Coping Skills

## 1. Fill in each blank with the correct word from the reading.

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## 2. A series of scenarios are given. Circle the word STRESS if it's an example of stress. Circle the word ANXIETY if it's an example of anxiety.

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- d) Jad is worried about starting a new job tomorrow. He is having trouble sleeping.  
**STRESS**                      **ANXIETY**

### 1.

- a) Emotion-based
- b) control
- c) Task-based
- d) stress
- e) unlivable

### 2.

- a) **STRESS**
- b) **ANXIETY**
- c) **ANXIETY**
- d) **STRESS**



# EASY MARKING ANSWER KEY





# Coping Skills

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