




Coping Skills

How to help your child (and yourself) develop
essential skills for dealing with stress



What are coping skills and why are they important?

Coping Skills = Strategies you can implement to tolerate, minimize, and deal with stressful situations

Event + Response = Outcome

Effective coping strategies help people feel better physically and psychologically

- *American Journal of Public Health*
 - Significant association between social-emotional skills in Kindergarten and well-being in adulthood
 - Children who were able to regulate their emotions at 5 were...
 - More likely to go to college and have steady jobs
 - Less likely to abuse substances, be engaged in criminal activity, and have mental health issues

Two Types of Effective Coping Skills

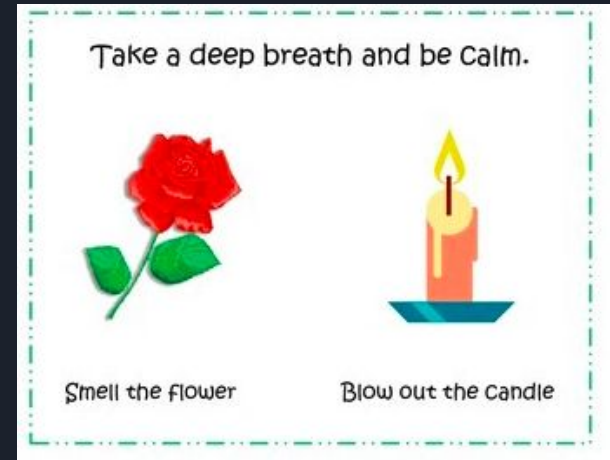
- Emotion-Focused
 - Do something to change your feeling(s)
 - Good for when things happen that are out of your control
- Problem-Focused
 - Taking actions to change the situations



It is important to teach your child BOTH?

9 Coping Skills

- 1- * Deal with your feelings
 - Name → Accept → Express → what can help you feel better
 - * = Can be used in ANY situation
 - Deep Breathing
 - [Magic 5](#)
 - [Square Breathing](#)
- 2- Adjust your attitude



Relationship between your thoughts, feelings, actions and results

When talking to your child, you can jump in at any point in the “flow”



Coping Skills (cont.)

- 3- Discover your choices
- 4- Accept imperfections



**DON'T LET WHAT
YOU CAN'T DO
INTERFERE WITH WHAT
YOU CAN DO!**

Coping Skills (cont.)

- 5- Give yourself a break
- 6- Take one step at a time

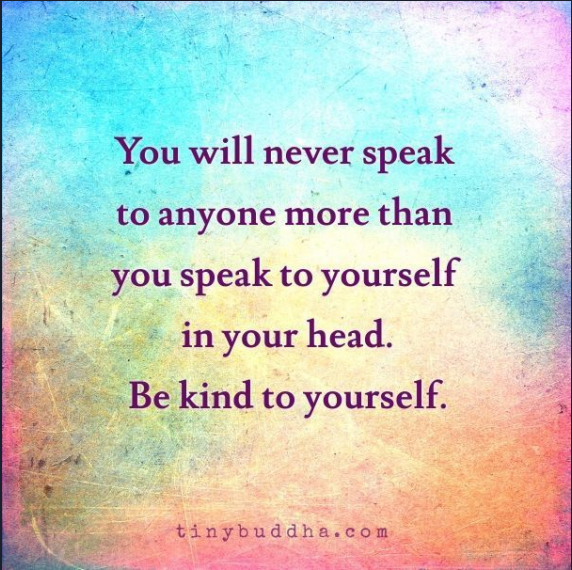




Coping Skills (cont.)

- 7- Be kind to yourself
- 8- Plan ahead
- 9- Ask for help

Help comes to
those that have
COURAGE
to ask for it



**You will never speak
to anyone more than
you speak to yourself
in your head.
Be kind to yourself.**

tinybuddha.com




Let's Practice!

- Not all 9 apply to every situation
- Which ones do you think apply to our current situation?

Now, let's
Practice,
Shall we?

Why yes, let's.






You and your child may be experiencing a roller-coaster of emotions during this time. All feelings are OK!

Yes, AND

@HOLISTICALLYGRACE

Yes,	<i>we can feel grateful</i>	AND	DISAPPOINTED ABOUT THINGS BEING CANCELLED
Yes,	<i>we can enjoy extra time with loved ones</i>	AND	FEEL OVERWHELMED BY THEIR PRESENCE
Yes,	<i>we can be hopeful</i>	AND	FEEL LIKE EVERYTHING IS FALLING APART
Yes,	<i>we can be a source of support for others</i>	AND	PRIORITIZE OUR NEEDS, FILL OUR OWN CUP




Catch your thoughts and ask yourself.... How is this thought “serving” me? How are my thoughts making me feel? How can I adjust or shift my thoughts during this time?

Mindset Shift

From Lockdown to becoming Open-minded

Mind Under Lockdown	An Open-minded Person	
I am stuck at home	I am safe at home	I am spending more time with my family
I will run out of items. I can not buy anything new	I have enough at home. Let them use wisely	Let me reduce, recycle and re-use
Everything is shutting down. I am paniking	The most important places as grocery store, medical facilities are still open	My Distance Learning is still happening. I am not missing on to my learning
There is too much of insecurity. I feel anxious and unsafe	While I cannot control the situation, I can control my actions by keeping myself safe by washing hands regularly, by taking all precautions and by staying at home.	I can keep myself healthy by practicing mindfulness, exercising every day, eating nutritious food and sleeping well. I will also do everything that makes me happy while I am at home.



Don't forget to be kind to yourself!

Affirmations in the Time of Quarantine

- 1. I'm allowed to rest**
 - 2. I don't have to be productive to be worthy**
 - 3. My feelings are real**
 - 4. I am doing enough**
 - 5. I am allowed to take a break from the news cycle**
 - 6. I deserve to be cared for**
 - 7. I am allowed to be fearful**
 - 8. I can spend extra time on myself**
-

@FEMISLAY



How can you as parents help?

- Let Your Child Feel “Bad” Sometimes:
 - Avoid “lawn mower”, “bulldozer”, “snow plow” parenting

- Identify Triggers and Implement Proactive Coping Skills
 - What can you do to eliminate some of the stress associated with triggers

- Help your child identify feelings
 - Ask important questions
 - “How are you feeling right now?”
 - “Where are you feeling it in your body?”
 - “What do you think caused it?”
 - Increase Vocabulary (Anger Iceberg)

Anger is what you can see above the water. But there are deeper feelings below the surface that are leading to the angry behavior. Help your child learn more feelings vocabulary so they can better identify and express their feelings.

Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.





How can you as parents help? (con't)

- Explore Calming Strategies
 - Prompt if needed... “It looks like you are frustrated... what could help you calm down?”
 - You need to try them to know if they work (kinda like vegetables!)
 - What works for you may not work for them
 - Praise for trying strategies
 - Debrief after

- Do the work NOW to prepare them for “bigger” stressors in the future!



Additional Tools

[When I Felt _____ Packet](#)

[My Cope Cake](#)

[KCS at Home](#) - scroll to the bottom for social and emotional supports