

Coping Strategies

Having a toolkit of positive coping strategies helps young people be better prepared to overcome life's challenges.

How can school help to promote this?

Model positive coping strategies.

Recognise that coping strategies (even negative/harmful ones) are an attempt to alleviate stress.

Understand the reasons behind risky behaviour and negative coping strategies.

Realise that telling someone to stop a negative coping strategy is not effective and could be more damaging. For example, it might be the only thing keeping someone alive.

Do not condemn/punish negative behaviours —this could increase sense of shame.

Guide young people to develop positive coping strategies.

Allow time to explore healthy coping strategies (e.g. unstructured time, exercise).

Have conversations about coping skills and when they can be utilised.

Help them track their stress & understand patterns.

Know where to signpost for extra support.

Positive coping strategies to suggest:

- * *Listening to music*
- * *Writing a journal*
- * *Being creative*
- * *Talk about things*
- * *Gaming*
- * *Watching TV*

- * *Sport*
- * *Walking the dog*
- * *Having a bath*
- * *Reading*
- * *Cooking*
- * *Being with friends/family*