



**“Caring for others
requires caring for
oneself”**

~ Dalai Lama ~



Join us online in August
for events focusing on
returning to school during
COVID-19. See website
for more information.

~ ~ ~

<https://parentnetworkwny.org/>

What are Coping Skills?

Coping skills is a term you may hear a lot. What does it actually mean? Coping skills are tools; they are the tools that are used to get through difficult experiences and situations. Coping skills help to manage intense feelings and emotions.

Coping skills can consist of a wide variety of strategies. Mental coping skills could include things like meditation, relaxation techniques, or guided imagery. Physical coping skills are activities such as exercise, going for a drive, or screaming into a pillow.

Coping skills can also be healthy or unhealthy. Healthy coping skills are beneficial to overall wellness, such as yoga or jogging. Unhealthy coping skills are not favorable to overall well-being even if they are pleasurable at the time. Some examples include: drinking alcohol, smoking cigarettes, or binge eating.

Ideally, the best recipe for effective coping includes an array of mental, physical, and healthy strategies.

Building Coping Skills

Every person has their own unique sensory preferences and aversions. This is why some may find it relaxing to go for a run while others may prefer to curl up in bed. When building a coping skills ‘tool box’ include items or activities that appeal to all of your senses.

- Tactile/Touch
- Smell/Scents
- Sound/Hearing
- Visual/Sight
- Food/Taste
- Movement/Pressure

It is also important to have coping skills that are available and accessible depending on the situation in which the skills may be needed. Different types of coping skills may be needed at work, school, and at home. In the winter, alternative skills may be needed to replace skills that are used in the spring, summer, and fall months.

Lastly, skills need to be practiced. Adding meditation to your coping skills ‘tool box’ is only going to be beneficial to help you cope once you know how to effectively meditate. Practice at times when everything is calm or when experiencing small amounts of stress. Practice will help prepare for times when intense emotions, challenging situations, and troubling experiences occur.

Upcoming Events

Date/Time	Topic	Link
Mon, August 3 @ 7:00pm	Mindfulness & Managing Stress	https://zoom.us/meeting/register/tJwtkuiprzsHdFCECrY1lejO6RjcEscX9rd
Wed, August 5 @ 11:00am	Take the Stress Out of Transitions	https://zoom.us/j/94312045558pwd=MkkrdzR3YzVKMVI2ZIJYbDhORXpzd9
Thurs, August 6 @ 8:30a	Help! My Child Won’t Wear a Mask.	https://zoom.us/meeting/register/tJEpCOitqDIqGdWl1Rv-ILkzFvxKEOdCb14j



The contents of this document were developed under a grant from the US Department of Education, #H325160003. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Carmen Sanchez.