

COPING STRATEGIES



Windsor Essex
Child/Youth
Advocacy Centre

- Coping strategies are techniques an individual may use when they feel stressed, panicked, or uncertain.
- Using coping strategies can allow the individual to calm and focus both their body and mind.
- There are many different forms of coping & a strategy that works for one person, may not work for everyone.
- The type of/success of a coping strategy is dependent on the individual practicing.
 - I.e., If an individual does not believe in mindfulness, they will likely have a hard time engaging in forms of relaxation such as mindfulness meditation.
- Coping can look different depending on age.
 - I.e., A child may seek a comfort toy whereas an adult may seek a trusted friend.

Try practicing healthy coping strategies the next time you are experiencing feelings such as stress, frustration, or feeling overwhelmed.

Healthy Coping Strategies are ideas we can use to assist our mind and body to get to a better state when we are experiencing negative times.

- Exercising
- Listening to music
- Talking to people you trust
- Relaxation techniques (i.e. breathing exercises)
- Seeking professional help

Unhealthy Coping Strategies do not resolve the problem and may potentially increase harm.

- Social withdrawal
- Procrastination
- Inconsistent sleep or lack of sleep routine
- Verbal or physical aggression towards self and/or others
- Over or under eating
- Excessive use of drugs or alcohol