

Coping Skills

Master List of Coping Skills

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PURPOSE OF GROUP: to increase coping skills

MATERIALS NEEDED: pen/pencil & 1 piece of paper (for facilitator)

1. Facilitator opens group by asking group members, “What are your stressors?”

-Stressors are basically your triggers (i.e. parents, siblings, your boss, traffic, deadlines, doctor appointments, etc.)

For facilitator to discuss afterwards:

-As you can probably see, we have a lot of stressors, and we face them on a daily basis.

-They can cause anxiety, anger outbursts, extreme mood changes, etc.

-This highlights the importance of having healthy **coping skills**.

-Coping skills help you deal with stressful situations, grief, trauma, conflict, etc.

-Coping skills help you process and work through your emotions.

-Everyone has their own coping skills. The key is to find which coping skills work for you.

2.

-Tell group members that we will now be creating a **“master list” of coping skills**.

*Ask group members to **come up with as many coping skills as possible**. You will write them down on a piece of paper (make a copy for each group member after group).

-When a group member comes up with a coping skill, ask them to **describe it and explain how someone would implement it** (if applicable).

-For example, they could describe what progressive muscle relaxation is and explain what someone would do during this type of exercise.

-You can also **ask group members the pros & cons** of each coping skill (i.e. why it may or may not work for certain people/situations/emotions).

2a. If you have time, you can asking the following questions (after the list is completed):

-Which coping skills stand out the most to you?

-Which coping skills have and have not worked for you in the past?

-Which coping skills are the best for managing anxiety? Depression? Anger?

3.

-Facilitator concludes group by telling group members that you will make a copy of the “master list” for each group member.

*They can keep their copy in their pocket, wallet, etc. and have it handy when they sense a panic attack, an anger outburst, etc. is on the horizon!

-Encourage group members to continue adding to the list over time!

-If there is time, you can do the following quick activity:

-Ask group members to fill in the blanks in this sentence: The next time I feel..., I will...