ONE PAGE SUMMARY

Lifestyle & Hobbies › Mental Wellness › Coping Skills

Beginner lessons for Coping Skills

Master Basic Coping Skills for a Healthier Mind!

DEFINITION

> Coping skills are strategies used to manage stress and emotions. They help individuals deal with challenging situations effectively.

KEY CONCEPTS

Deep Breathing

A technique that involves focusing on your breath to calm the mind and body.

Positive Self-Talk

Encouraging yourself with positive affirmations can boost confidence and reduce anxiety.

Mindfulness

Being present in the moment helps reduce stress and improve emotional regulation.

Journaling

Writing down thoughts and feelings can clarify emotions and provide an outlet for stress.

Physical Activity

Engaging in exercise releases endorphins, which can improve mood and reduce stress.

EXAMPLES

→ Practice deep breathing for five minutes when feeling overwhelmed.

→ Write three positive affirmations to repeat daily.

→ Take a 30-minute walk to clear your mind.

MEMORY TIPS

★ Use the acronym 'BPM' for Breathing, Positive self-talk, and Mindfulness.

★ Visualize a calm beach to remember mindfulness techniques.

★ Associate journaling with a specific time each day, like before bed.

COMMON MISTAKES

✗ Neglecting to practice coping skills regularly.

✗ Relying solely on one method instead of a variety.

✗ Ignoring physical health impacts on mental wellness.

QUICK RECAP

Coping skills are essential for managing stress and emotions. Techniques like deep breathing and positive self-talk can significantly improve mental wellness. Regular practice of these skills helps build resilience and emotional strength.