

SCPS Presents:

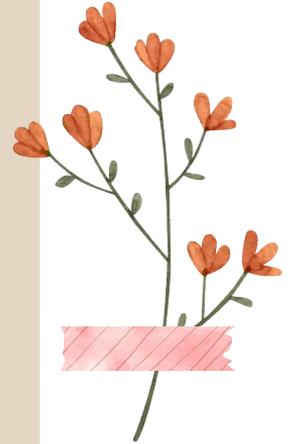
# Coping Skills for Your Teen

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# Learning Objectives

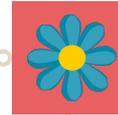
- Learn why coping skills are important
- Identify the five types of coping skills
- Discover ways to implement coping skills at home
- Key takeaways: a variety of different coping skill ideas



# Why are coping skills important?

## Success

You are invested in your child's success and want them to be happy

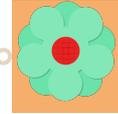


## Stress

If your child isn't equipped to deal with stress, situations can become worse.

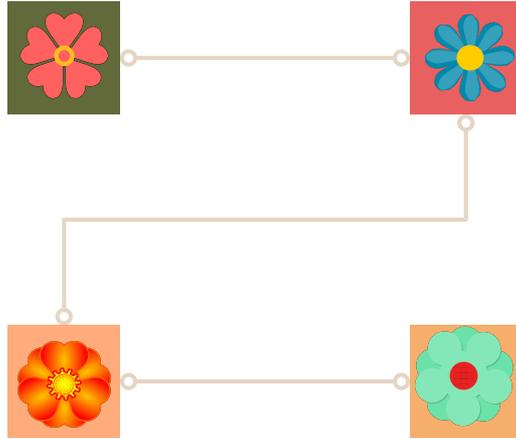
## Development

Your child's brain development may make it hard for them to problem solve on their own.



## Adolescence

Being a teenager is hard. Let's give them all the help they need to get through a very challenging time in their life.



# Five Types of Coping Skills

## Problem-Focused

Looks at how to solve the problem



## Social Support

Seeks emotional and concrete help from others



## Distraction

Helps with self-soothing until the stressor can be addressed



## Emotion-Focused

Examines how to manage your emotional response



## Spiritual Coping

Looks for deeper meaning in adverse experiences



# Problem-Focused Coping Skills

Definition: Using solutions to deal with a stressful situation.

Examples:

- Create a To-Do List
- Establish a Schedule
- Plan Ahead
- Organize Your Efforts
- Establish Healthy Boundaries
- Use Conflict Resolution
- Walk Away
- Manage Your Time
- 



# Emotion-Focused Coping Skills

Definition: Taking care of your feelings when you have a reaction to a stressor.

Examples:

- Meditation
- Journaling
- Positive Thinking
- Crying
- Reframing
- Deep Breathing
- Yoga
- Relaxation



# Social Support

Definition: Seeking out help in the form of emotional or concrete support.

Examples:

- Vent
- Reminisce
- Social Activities
- Ask for Help
- Get Perspective
- Call a Friend



# Spiritual Coping

Definition: Using spirituality to find meaning or reframe adversity

Examples:

- Attend a religious event (Church, Mass, Temple, etc.)
- Speak to a religious leader for guidance
- Look for the silver lining
- Find meaning in the situation
- Evaluate what you have learned
- Reflect on your character traits
- Leaning on faith
- Focusing on hope



# Distraction

Definition: Using activities to down-regulate your reactions until you are in a better place to address them.

Examples:

- Video games
- Hobbies
- Movies/Television
- Snacks
- Doodling
- Coloring
- Reading
- Listening to music
- Self-Care



# Additional Examples of Coping Skills

- Exercise
- Grounding exercises
- Self-talk
- Taking a nap
- Cleaning
- Write a letter
- Make a gratitude list
- Do something kind
- Hug someone
- Ask for advice
- Rip paper
- Drink water
- Use humor
- Use an app
- Cook or Bake
- Communicate
- Identify your emotions
- Spend time with a pet
- Make a pros and cons list
- Ask for a break
- Progressive Muscle Relaxation
- Take a shower
- Spend time with family or friends
- Create something
- Make an action plan

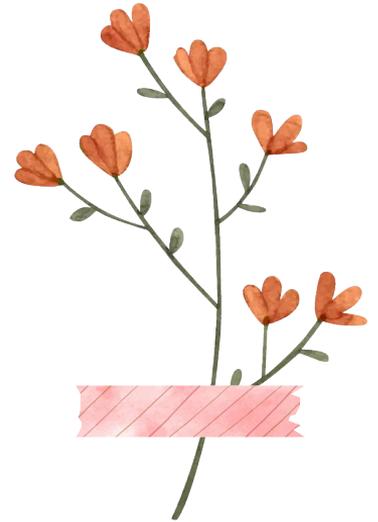


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# The BIG COPING SKILLS LIST

- |                              |                                      |                                  |
|------------------------------|--------------------------------------|----------------------------------|
| Use positive self-talk       | Eat a healthy meal                   | Host a dinner party              |
| Do deep breathing            | Watch your favorite TV show          | Do your homework                 |
| Watch your favorite movie    | Do a word search                     | Think of your strengths          |
| Take a shower                | Write a short story                  | Talk in a funny voice            |
| Go for a walk                | Play your favorite sport             | Volunteer your time              |
| Talk to a counselor          | Take a nap if you need it            | Have a picnic                    |
| Laugh                        | Do a crossword puzzle                | Rearrange your room              |
| Paint or draw                | Play a game outside                  | Call a relative                  |
| Exercise                     | Cook or bake with a parent           | Meet someone new                 |
| Play with your pet           | Ask for a hug                        | Create an action plan            |
| Go for a jog                 | Set a goal                           | Draw a comic                     |
| Talk to a friend             | Think of your favorite memory        | Talk to your pet                 |
| Play a video game            | Dance                                | Read a positive quote            |
| Hang out with friends        | Go for a bike ride                   | Write your feelings in a journal |
| Listen to your favorite song | Go to the park                       | Pick out an outfit for tomorrow  |
| Take a time out              | Stretch or do yoga                   | Try to make your sibling laugh   |
| Think of something funny     | Clean your room                      | Try to make your parents laugh   |
| Play with your favorite toy  | Do something kind                    | Walk the dog                     |
| Use an I-Feel message        | Smile until you feel better          | Create jewelry                   |
| Count to 10                  | Think of the consequences            | Write your own song              |
| Spend time with family       | Learn a new skill                    | Play a board or card game        |
| Go for a hike                | Listen to calming music              | Play on your phone               |
| Flip through a magazine      | Answer a "Would You Rather" question |                                  |
| Visit somewhere new          |                                      | Sing                             |
| Face your problem            |                                      | Read this whole list!            |



# What can you do as a parent?



## Why?

30% of teens reported being depressed or sad as a result of their stress (APA 2020)

## Model

Show clearly how you use coping skills in your own life.

## Encourage

Give suggestions or examples of things they can try.

## Support

Let your child know that it's okay to make mistakes. Explore how they can try again differently without putting pressure on them.

## Guide

Ask them if they want help and give advice on how to handle stressors.

## Equip

Be proactive with helping them add tools. Take them to a professional if they need it.

## Step Back

Your kids are going to learn through trial and error. It's okay to focus on your emotional responses and practice self-care.

# Questions? Comments?

You can always email me at [palmercal@scps.k12.fl.us](mailto:palmercal@scps.k12.fl.us)

## Resources:

- United Way 2-1-1
- National Suicide Prevention Lifeline 1-800-273-TALK
- American Psychological Association
- Center for Disease Control
- Your child's school counselor

