

# Coping Strategies

*Socio-Emotional Wellbeing*

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# Intro: *Age of Champions*

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*Welcome! Thank you all for being here, we hope you enjoy !*

## Starting Points:

- ★ Feel free to ask questions, this is a safe space!
- ★ If we are going too fast, please tell us
- ★ Try your best at each activity
- ★ Have fun!

## What you will need:

- ★ Pencil and paper (or document to type on)
- ★ An open mind



# Objectives

- Gain understanding of socio-emotional wellness
- Identify how to address your socio-emotional wellbeing
- Identify 4 socio-emotional coping strategies that you can integrate into your own life



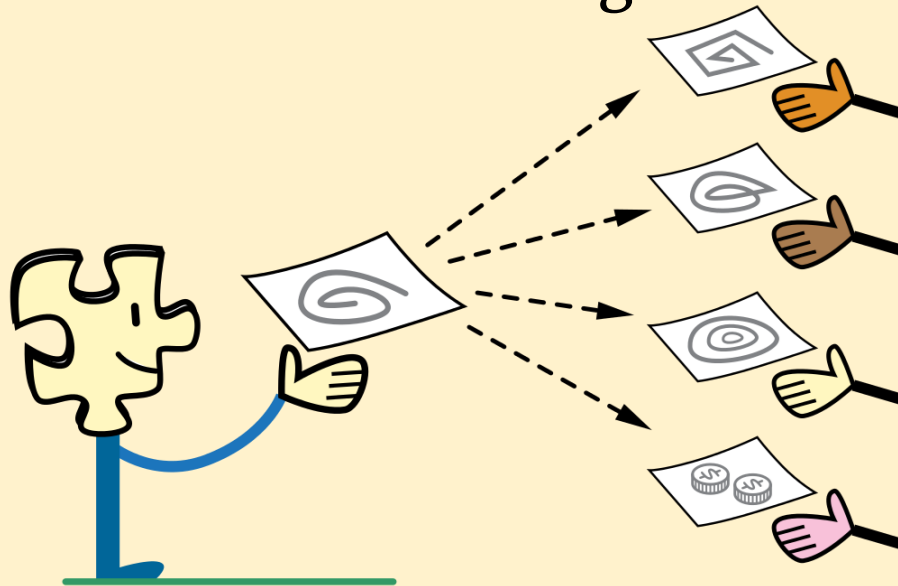
# What is socio-emotional wellbeing?

- ★ Managing and integrating our emotions and social life
- ★ Engaging in activities that support your emotional energy level
- ★ Forming social connections and relationships (especially with supportive people)
- ★ Can be influenced by personal, social, economic, political and cultural conditions



# Sharing

Share one way that you take care of your socio-emotional well-being



# How to promote your socio-emotional wellbeing?

- ★ Take care of your physical health
- ★ Connect with others
- ★ Find purpose and meaning
- ★ Be aware of your emotions and reactions
- ★ Utilize coping strategies
- ★ Practice gratitude
- ★ Engage in social activities
- ★ Practice self-care



# Coping Strategies

## *Square Breathing Exercise:*

- Get comfortable
- Breath in through your nose for 4 seconds, hold 4, out through your mouth 4, hold 4
- As you breath in feel your stomach rise
- Focus your thoughts on your breathing



# Coping Strategies

## Mindfulness Techniques:

- ★ Meditation
- ★ Yawn and stretch for 10 seconds every hour
  - Fake yawn if you have to!
  - Notice how a yawn interrupts your thoughts/feelings
  - Stretch slowly for 10 seconds & be mindful of areas of tightness
- ★ **STOP** acronym
  - **S**: Stop what you're doing, put things down for a minute
  - **T**: Take a breath
  - **O**: Observe your thoughts, feelings and emotions
  - **P**: Proceed with something that will support you in the moment

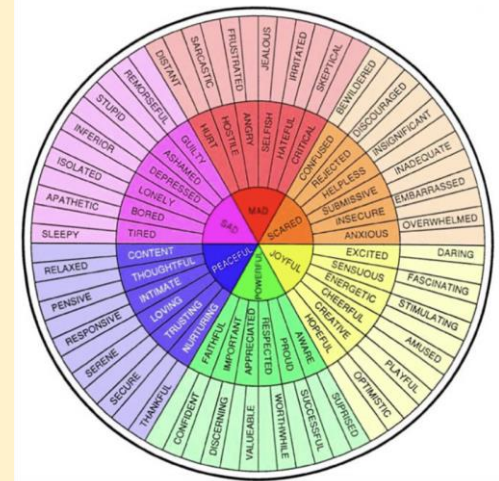




# Coping Strategies

## Emotional Check-in:

- Tune into your body
- Take a deep breath to slow your mind & reduce distractions
- Stop to ask yourself how you're feeling at this moment
- Brainstorm what might be contributing to these feelings/emotions
- Ask yourself what you need



# Coping Strategies

## Negative Self-Talk:

- ★ Inner dialogue that limits your ability to believe in yourself & increases feelings of helplessness/stress
- ★ “I can never do anything right” or “there is no point in trying”

## Positive Self-Talk:

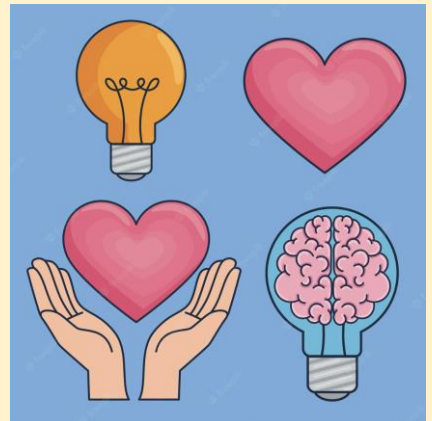
- ★ Positive statements to challenge unhelpful or pessimistic thoughts
- ★ Write a list of statements that contradict negative feelings, thoughts, or expectations
  - Consider your recent accomplishments, things that you like about yourself, things that you’re proud of



Is anyone  
comfortable  
sharing  
with the  
group?

# Discussion

- What was challenging about these activities?
- What was easy?
- What feelings did you have? Did you enjoy one strategy more than others?
- Would you utilize any of these coping strategies in your life? Try to think of a situation where these tools would come in handy.



# Ideas for you

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- ★ Journal
  - Practice daily check-ins
- ★ Walk outside
  - Enjoy nature, invite a friend
- ★ Remember to live in the moment and breathe!
  - In through the nose (smell the flowers), out through the mouth (blow out the candles)
- ★ Calm
  - App for sleep and meditation

