Stress Management Lesson 4

Learning to Cope with Stress

Objective: To help students learn ways to cope with stress

**Introduction:** When we experience a lot of stress in our lives, we must find positive ways to cope with it. People seem to get themselves in the most troublesome situations when they use unhealthy ways of coping with their stress. Learning to cope in healthy ways with stress is one key to success.

The following list describes healthy and unhealthy ways of coping with stress.

**Healthy Coping**

* Writing out a positive step-by-step plan
* Taking care of your health
* Doing something helpful for someone else
* Talking about it with a friend, or family member
* Going to a counselor or other professional helper
* Doing something active
* Taking time to relax
* Using humor
* Directing your attention to something constructive
* Using your faith (for example, praying)
* Playing a musical instrument

**Unhealthy Coping**

* Eating too much (or too little)
* Taking it out on someone (or something) else
* Refusing to talk about it with others
* Avoiding (running away or escaping)
* Oversleeping
* Using alcohol/drugs
* Smoking
* Making excuses
* Denying a problem exists
* Hurting yourself physically (or thinking about it)