

S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Indiana University of Pennsylvania Counseling Center

Healthy Coping Skills

Coping: The utilization of behaviors and/or thoughts to effectively deal with negative situations and/or intense emotions.

Distress Tolerance: A person's ability to manage actual or perceived emotional distress.

Healthy coping skills do not always mean "go to the gym" or "eat healthy"... there are many ways to engage in self-care.

Types of Coping Skills

-Engaging in activities that bring you joy and sense of purpose or connection.

-Seeking out support from positive role models.

-Engaging in Productive Rest to recharge and reset (especially if feeling overwhelmed.)

More Coping Ideas

Go for a hike or walk outside.

Turn off all technology for one day.

Connect with old friends or family.

Make or purchase a cup of coffee.

Attend a new event or read that book you have been waiting to explore.

Take a rest day and do nothing.

Unhealthy versus Healthy Coping Skills

Unhealthy

Healthy

Excessive Busyness: actively working and not engaging in leisure activities.

Setting boundaries with work and family/friends...finding a balance in schedule & tasks.

Lack of emotional expression ("Bottling") of emotions

Expressing emotions and concerns in a productive, healthy manner (i.e. journaling, therapy, support groups)

Overthinking or Ruminating on thoughts or previous encounters

Exercising, engaging in meaningful activities, processing events with friends.

Isolation/Avoidance Behaviors

Seeking out support and connections from healthy peers or mentors.

Impulse Spending, Substance Use, Overeating, Risky Sexual Situations

Controlled Distractions, setting boundaries with impulsive or avoidance behaviors, use of positive reframes.

Remember to show yourself compassion as you start to integrate healthy coping skills into your life. No one is perfect, learning to cope is like exercising a new muscle or learning a new skill.

Self-Compassion: the ability to show oneself empathy within and to accept oneself, particularly in the face of failure.

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New Ways to Connect!

Togetherall is a safe, online community to share feelings anonymously and get support to improve mental health and wellbeing. In the community people support each other, safely monitored by licensed and registered mental health practitioners.
www.togetherall.com

