

Student Take-Home Resources

Strategies to develop healthy coping techniques

Grade 10

Key Takeaways:

1. Strong emotions are expressed in many different ways. The best way is to calmly verbalize how one is feeling instead of acting or reacting physically.
2. Emotions are healthy and normal, but we must control how they are expressed.
3. Coping skills, such as practicing mindfulness to regulate strong emotions, can help you effectively deal with the negative stressors in life and respond in a healthy way.

Vocabulary:

1. Cognitive Distortion is a way of thinking in extremes, also known as ‘all or nothing’ thinking. For example: EVERYONE hates me! NOTHING ever goes right. I’m ALWAYS last. Reframing these statements can be helpful.
2. Grief is defined as “deep sorrow, especially that which is caused by a loved one’s death.”
3. Mindfulness is defined as “a mental state achieved by focusing one’s awareness of the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations.”
4. Self-image is the mental picture one has of oneself which can include physical attributes but also about internal factors like intelligence.
5. Coping skills help you to effectively deal with the negative stressors in life and respond in a healthy way.

<p>If you have a FRIEND who you think is showing symptoms of mental illness, it’s time to HELP.</p> <p>Help as soon as you can.</p> <p>Empathize with others.</p> <p>Listen without trying to fix it.</p> <p>Plan your next steps.</p>	<p>If YOU are experiencing symptoms of mental illness for a long time and they’re keeping you from being able to do what you need or want to do, it’s time for you to ACT.</p> <p>Apply coping strategies.</p> <p>Consider your options for help.</p> <p>Talk to a person you trust.</p>
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Resources:

- Call 911
- Call the National Suicide Prevention Hotline at 1-800-273-TALK
- Chat online with a counselor at the Lifeline Online Chat:
<https://suicidepreventionlifeline.org/chat/>