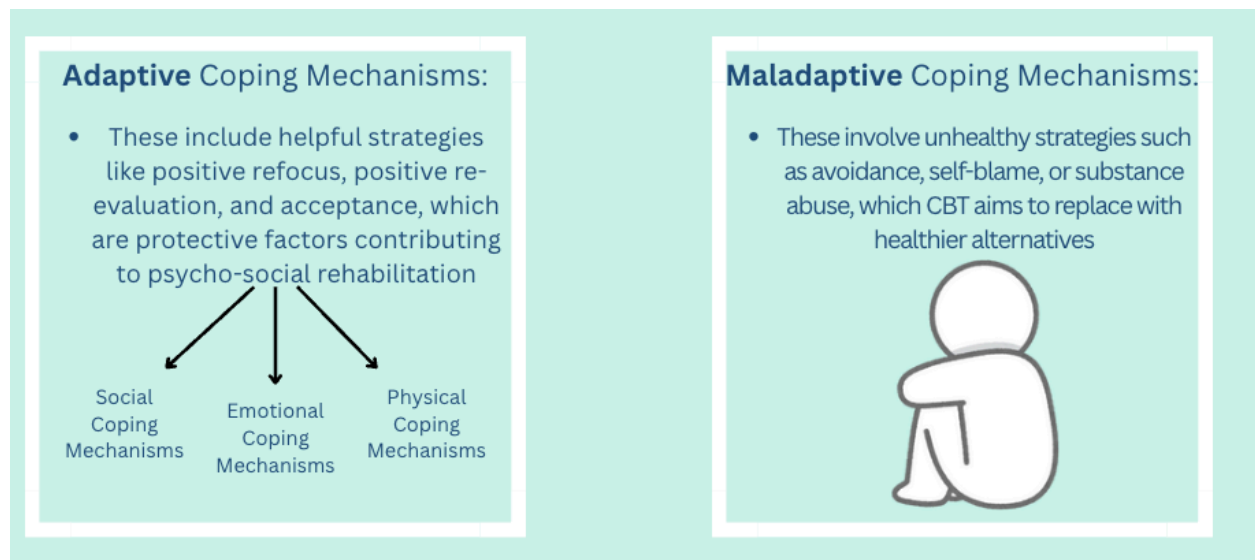


# MINDBRIDGE

## Coping Strategies for Adults

### What are Coping Mechanisms?

- Definition: Coping mechanisms are strategies used to deal with stress, problems, or uncomfortable emotions.
- There are two major types of Coping Mechanisms: Adaptive and Maladaptive



### What are Emotional, Physical, and Social Coping Mechanisms?

- **Physical:** Physical coping strategies are techniques that involve physical activities or exercises to manage stress, anxiety, and other emotions. These strategies help individuals focus on their physical sensations and behaviors, which can indirectly influence their thoughts and emotions.

- **Emotional:** Emotional coping strategies are techniques used to manage and regulate emotions effectively. These strategies help individuals understand, process, and express their emotions in healthier ways!
- **Social:** Social coping strategies involve techniques that use social interactions and support networks to manage stress, emotions, and challenging situations. These strategies are based on the idea that social connections can provide emotional support and a sense of belonging, which are crucial for coping with mental health challenges.

### What are examples of Emotional, Physical, and Social Coping Mechanisms?

Emotional Coping Mechanisms:	Physical Coping Mechanisms:	Social Coping Mechanisms:
<p><u>Journaling</u>: Writing down thoughts and feelings to process and understand them better.</p> <p><u>Meditation</u>: Practicing mindfulness or guided meditation to calm the mind and manage stress.</p> <p><u>Deep Breathing</u>: Engaging in breathing exercises like the 4-7-8 technique to reduce</p>	<p><u>Exercise</u>: Engaging in physical activities like walking, running, or yoga to release endorphins.</p> <p><u>Mindful Stretching</u>: Practicing gentle stretches to relax the body.</p> <p><u>Walking Meditations</u>: Combining walking with mindfulness techniques.</p> <p><u>Healthy Eating</u>:</p>	<p><u>Talking to Friends or Family</u>: Sharing feelings with trusted individuals.</p> <p><u>Support Groups</u>: Joining groups of people facing similar challenges or struggles.</p> <p><u>Volunteering</u>: Helping others to gain a sense of purpose and connection.</p> <p><u>Community</u></p>

<p>stress.</p> <p><u>Forgiveness</u>: Letting go of negative emotions related to past experiences.</p> <p><u>Positive Thinking</u>: Focusing on positive aspects of life to improve mood.</p> <p><u>Guided Imagery</u>: Using visualization techniques to cultivate calmness.</p> <p><u>Drawing or Art</u>: Expressing emotions through creative activities.</p> <p><u>Listening to Music</u>: Using music to match or contrast with current emotions.</p>	<p>Maintaining a balanced diet to support mental health.</p> <p><u>Sleep Hygiene</u>: Ensuring adequate and quality sleep.</p> <p><u>Dancing</u>: Using movement to express emotions and improve mood.</p> <p><u>Playing Sports</u>: Engaging in activities like handball or tennis to release any tension.</p> <p><u>Spending Time in Nature</u>: Being outdoors to reduce stress</p>	<p><u>Engagement</u>: Participating in community activities to build social connections.</p> <p><u>Laughing with Others</u>: Sharing humor to reduce stress and strengthen bonds.</p> <p><u>Hugging or Physical Touch</u>: Using physical contact to comfort oneself or others</p>
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### **Exercise #1: Rating Our Coping Strategies**

List three coping mechanisms you've used in the past month in each of the following categories. Consider habits you turn to during times of stress, uncertainty, or emotional discomfort.

## **Physical Coping Strategies**

(e.g., exercise, sleep hygiene, mindful breathing, stretching)

- 1.
- 2.
- 3.

## **Emotional Coping Strategies**

(e.g., journaling, reframing negative thoughts, practicing gratitude)

- 1.
- 2.
- 3.

## **Social Coping Strategies**

(e.g., talking to a friend, setting boundaries, attending support groups)

- 1.
- 2.



**Step 2: Rate Each Strategy Using the STAR Scale**

Use the following questions to guide your reflection for each coping mechanism:

- **Situation Flexibility:** Can I use this strategy across different types of stress or life challenges?
- **True to Self:** Does this strategy align with my core values and long-term goals?
- **Avoidance or Approach:** Does this help me face challenges or simply avoid them?
- **Results:** Has this strategy brought me long-term relief, growth, or improvement?

Rate each strategy from 1 (not effective) to 5 (highly effective), and add a brief reflection:

Coping Strategy	STAR Rating (1–5)	Reflection

