

Autism Initiative: Training Series

ACTIVITIES AND DISCUSSION QUESTIONS

Chapter 2.1: Part 2 – Effective Coping Mechanisms

Part 1: Review of Concepts

- *Coping* is the ability to manage a problem and the associated stress. It does not mean eliminating all sources of stress but involves a balance between understanding that difficult situations will occur and that they will not continue forever.
- *Coping strategies* refer to the specific efforts that individuals use to tolerate, reduce or minimize stressful events.
- *Problem solving* can be an effective coping strategy. The *problem solving* approach involves four steps. They are:
 1. Identify the situation that is causing stress
 2. Brainstorm potential solutions to the problem
 3. Consider the positives and negatives of each solution
 4. Select the solution the seems to best resolve the problem
- Additional strategies for coping with and managing stress include: *positive thinking, time management, and assessing stress levels daily.*

Part 2: Discussion Questions for Staff

1. *What are some situations that you may encounter working in a group residential home that may be stressful?*
 - **Answer:** There is not a “correct” answer for this question. Encourage discussion among staff about their thoughts.
2. *Choose two of the situations you identified in question 1 and describe how you could apply the coping strategies discussed in the chapter to each of them.*
 - **Answer:** There is not a “correct” answer for this question. Encourage discussion among staff about their thoughts.
3. *If you noticed that co-workers were experiencing stress what might be some ways to assist them in managing their stress levels?*
 - **Answer:** There is not a “correct” answer for this question. Encourage discussion among staff about their thoughts.