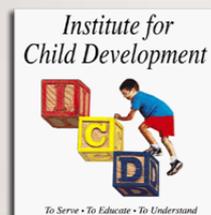




# Chapter 2.1 Part 2

## Effective Coping Mechanisms



# Learning Objectives

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- Define coping.
- Name one way to identify stress.
- Name the four steps involved in a problem-solving approach.
- Name three benefits of positive thinking.
- Define time management.

# What is Coping?

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- Coping means working on learning to manage a problem and the related stress.
- It does not mean learning to eliminate all problems and stress.
- For example:
  - Changing the way staff respond to an individual with a seizure condition.
- Coping effectively leads to better decisions and more positive outcomes for everyone involved.

# Identify Stress

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- When a stressful situation is approaching, consider how your body reacts to stress.
- Look for triggers that make you feel stressed.
- Every time you work with Sal he screams at you and tells you he does not like you.
- Rate your stress level:
  - On a scale of 1-10 how stressed are you feeling?

# Effective Coping Strategies

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- Adopt a problem solving approach:
  - Identify the situation that is causing stress.
  - Brainstorm potential solutions to the problem.
  - Consider the positives and negatives to each solution.
  - Select the solution that seems to best resolve the problem.

# Consider Short-term and Long-term Goals

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- When developing a solution to the stressful situation identify:
  - The targeted end goal.
  - What you want to happen now.
  - What you want to happen as a result of this resolution in the future.

# Effective Coping Strategies

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- Think positive.
- How you think can affect the way you feel.
- For example: If you approach an individual with the fear that they are going to act aggressively towards you, you will be more likely to respond to that individual in a defensive manner.

# Benefits of Positive Thinking

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- Decreased levels of stress.
- A greater sense of personal well-being.
- Better use of coping skills.

# Stress Prevention

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- Time management is a way to:
  - Set goals.
  - Organizing and use time most efficiently.
  - Decrease levels of stress.
- People who use time management skills view themselves to be more effective and less stressed. (Kearns & Gardiner, 2007)