

INTRODUCING A PREVIEW OF OUR GROUP COUNSELING GUIDE: *The Girl Project - Sessions Guide with Activities*

Healthy coping skills are the strategies that a student/client uses to handle a stressful situation so they feel better; these positive coping skills don't create further problems. Learning healthy coping skills and turning them into habits requires diligence and practice. Routine use of healthy coping skills leads to healthy mental functioning. Below are some skills that students can use when they are feeling bad. To use this handout, give students/clients a copy of the list below, and then use the discussion questions to process the list with them so they can apply the skills to their own lives.

HEALTHY COPING SKILLS

1. Talk to a friend or family member
2. Talk to a counselor or doctor
3. Make a plan
4. Look for the positive
5. Exercise
6. Do a substitute behavior
7. Meditate or do some relaxation exercises
8. Spend time with your pet/s
9. Be creative, artistic
10. Eat well and sleep well



DISCUSSION TOPICS:

- What is the definition of a healthy and unhealthy coping skill? Give an example of each.
- Which ones above are unclear to you?
- Circle your favorite coping skill. Why is it your favorite?
- What is an example of an unhealthy coping skill? What makes it unhealthy?
- Role play one of the coping skills above with a partner.

THANK YOU!

I appreciate you ordering my resource! I hope you find that it is helpful. If you want to see photos of how I use these resources with students, follow my page at @

www.instagram.com/schoolcounselorstephanie/.



School Counselor Stephanie

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