



**KEEP
CALM
AND
COPE
ON**

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Objectives

- Understand that coping is an active effort to manage stress.
- Acquire knowledge about multiple coping strategies to handle common stressors.
- Understand personal strengths in relationship to coping by voicing strengths.
- Practice one new strategy today.



What is “Coping?”

In psychology, coping is expending conscious effort to solve personal and interpersonal problems, and seeking to master, minimize or tolerate stress or conflict. The effectiveness of the coping efforts depend on the type of stress and/or conflict, the particular individual, and the circumstances



Stressors:

85% of college students in 2009 say they feel stress in their daily lives.

69% of college campuses provide stress reduction programs.

(as reported by 293 college counseling centers surveyed)



Contributing Factors to Stress According to College Students:

Family Issues/ Relationships/Dating

54% Family Issues

53% Relationships/
Dating

Academics

74% Grades

78 % School work

Physical/Emotional/ Mental Health

35% Physical Health

31% Mental Health

Concern for Future

47% Finding a job

38% Getting into
graduate school

COPE!



First, try to understand what it is that's impacting you.

- Remember, everyone has stress
- Assess the problem and think critically
- Prioritize what's important
- Break your plan into smaller steps
- Get support



What do you bring?

- Your personal qualities and strengths impact how you overcome difficulties.
- How have you overcome difficulties before? What has already worked?
- Do you assign personal meaning to successes and failures?
- Confidence in ability to “figure it out” not to “be perfect.”



Speaking of Strengths

How do your qualities play into your ability to handle stressors?

<http://www.viacharacter.org/www/The-Survey>



Keep Calm and Feel Better

Don't stress about stress!

What's Necessary?

1. Sleep
2. Food
3. Exercise

What can make it even better?

1. Make time to socialize!
2. Fun!
3. Quiet time
4. Keep a gratitude journal.

Nurture & Self-care



Gratitude Journal

What quality
about yourself
are you grateful
for?

What's going
well in your life
that you are
glad about?



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