

Coping Skills:

- Are needed to help you deal with difficult situations
- Can assist you with controlling your anger
- Are good to help you get through stressful times
- Will improve the ways in which you respond to conflict.

Examples of Good Coping Skills:

Seek Positive Social Support

Problem Solving

Seek Spiritual Support

Extracurricular Activities

Optimistic Thinking

Assertive Communication Skills

Breathing & Relaxation Techniques

Exercise

Goal Setting

Self Confidence

Work Hard & Achieve