

COPING SKILLS

ADAPTIVE VS MALADAPTIVE

Adaptive behaviour is behaviour that enables a person to cope in their environment with greatest success and least conflict with others.

Maladaptive behaviour is behaviour that prevents you from making adjustments that are in your own best interest.

People deal with problems in different ways.

People have adaptive and maladaptive coping skills to work through their problems.

Adaptive skills may be harder to do and don't always feel good at the time.

Maladaptive skills may feel good at the time, but you may regret them later. They are often the easier option.

ADAPTIVE

- Exercise
- Talking to someone you trust
- Talking to a professional
- Eating a nice meal
- Self-care- having a bath, getting enough sleep, staying hydrated

MALADAPTIVE

- Drugs/alcohol
- Aggression
- Self-harm
- Not talking to anyone
- Over-eating/under eating
- Over sleeping/under sleeping

SCENARIO

Rebecca's parents have told her that she can not go on holiday with her friends at the end of the school year because they cannot afford it.

Which maladaptive techniques might Rebecca use?

Which adaptive techniques might Rebecca use?

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ADAPTIVE VS MALADAPTIVE



Describe a problem you currently have?

What are the maladaptive coping skills you have been using so far?

What are the consequences of these?

Think of adaptive skills you could use instead?

Adaptive Skill	Benefit	Any challenges

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ANGER



BE AWARE OF TRIGGERS

Anger triggers are the things that set you off. Knowing your triggers, and being cautious around them, will reduce the likelihood of your anger getting out of control.

How to use triggers to your advantage:

- ✓ Create a list of your triggers and review them daily. Reviewing your triggers will keep them fresh in your mind, increasing the likelihood you notice them before they become a problem.
- ✓ Oftentimes, the best way to deal with a trigger is to avoid it. This might mean making changes to your lifestyle, relationships, or daily routine.
- ✓ Because it isn't always possible to avoid triggers, it's best to have a plan when you must face them. For example, avoid touchy conversations when you are tired, hungry, or upset.

PRACTICE BOX BREATHING

Box breathing is a simple technique that's excellent for managing emotions. Not only is box breathing effective, it's also discreet and easy to use at any time or place.

Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow: Time the inhalation (4s), pause (4s), and exhalation (4s). Practice for 3 to 5 minutes.

4s
Inhale



4s
Hold

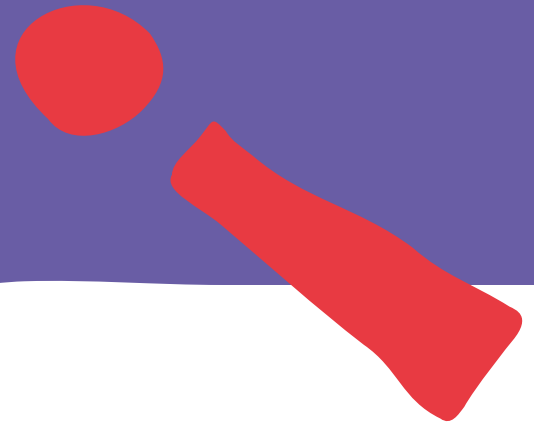


4s
Exhale



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KEEP AN ANGER LOG

After feeling significant anger, it may be helpful to take a few moments to record your experience. This practice will help you identify patterns, warning signs, and triggers, while also helping you organise thoughts and work through problems.

- ✓ What was happening before you felt angry? Describe how you were feeling, and what was on your mind. Were you hungry, tired, or stressed?
- ✓ Describe the facts of what happened. What events triggered your anger? How did you react, and did your reaction change as the event continued to unfold?
- ✓ What were your thoughts and feelings during feeling angry? Looking back, do you see anything differently than when you were in the heat of the moment?

USE DIVERSIONS

The goal of diversions is to buy yourself time. If you can distract yourself for just 30 minutes, you'll have a better chance of dealing with your anger in an adaptive way. Remember, you can always return to the source of your anger later—you're just setting the problem aside for now.

- | | | |
|-------------------|-----------------------|---------------------|
| go for a walk | do yard work | play an instrument |
| read a book | draw or paint | call a friend |
| play a sport | do a craft | lift weights |
| listen to music | cook or bake | go swimming |
| watch a movie | play a game | go hiking in nature |
| practice a hobby | go for a bicycle ride | take photographs |
| go for a run | write or journal | play with a pet |
| clean or organise | take a long bath | rearrange a room |

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TAKE A TIME-OUT

Time-outs are a powerful tool for relationships where anger-fuelled disagreements are causing problems. When someone calls a time-out, both individuals agree to walk away from the problem, and return once you have both had an opportunity to cool down.

How to use time-outs effectively:

- ✓ With the other person, plan exactly how time-outs will work. Everyone should understand the rationale behind time-outs (an opportunity to cool down—not to avoid a problem).
- ✓ What will you both do during time-outs? Plan activities that are in different rooms or different places. The list of diversions from above is a good place to begin.
- ✓ Plan to return to the problem in 30 minutes to an hour. Important problems shouldn't be ignored forever, but nothing good will come from an explosive argument.

KNOW YOUR WARNING SIGNS

Anger warning signs are the clues your body gives you that your anger is starting to grow. When you learn to spot your warning signs, you can begin to address your anger while it's still weak.

sweating

can't get past problem

feel hot / turn red

clenched fists

headaches

becoming

argumentative

raised voice

using verbal insults

pacing

aggressive body
language

feel sick to stomach

go quiet / "shut down"