

Emotional regulation — coping with challenges and negative emotions



Included in this session are:

- **Activity 1.** Reactions to stress or life challenges
- **Activity 2.** Causes of stress
- **Optional/extension activity**
(not in workbook)
- **Activity 3.** 'Can do' coping
- **Reflection**
- **Home tasks**

activity 1

Reactions to stress or life challenges

List the different signs of stress identified by the class.



Emotional	Physical	Thoughts
FEELINGS	BODY CUES	SELF-TALK



Key messages

Stress is normal — everyone experiences stress.

It is helpful to identify how you react to stress because then you will know the early warning signs and can take steps to manage stress.

activity 3

'Can do' coping

- Work in pairs. Discuss the things you do to calm down when you feel stressed or overwhelmed.
- List your strategies below.

- Read over the 'can do' coping strategies (on the following pages). These cover a range of coping strategies that might help you feel better when you are stressed.
- Add any other 'can do' coping strategies generated by the class in the blank spaces provided.



Key messages

It is important to find what works for you when coping with stress.

'Can do' coping strategies

listen to music

imagine a
safe place

count backwards
from 100
(in multiples of 7)

relax your
muscles

do yoga

meditate

distract yourself —
think of something pleasant

breathe deeply

exercise
(go for a jog)

stretch

lie in the sun
(with sunscreen on)

plant some seeds
in the garden

talk to a friend

do something fun
(see a movie)

read a book

play computer
games

talk to your
parents

have a chat session
on the internet

immerse yourself
in a hobby

share some chocolate
with a friend

set yourself a goal for the
week and plan how you
will achieve it

be creative

ask for help

get organised
(list what needs to be
done and do it)

have a warm bath

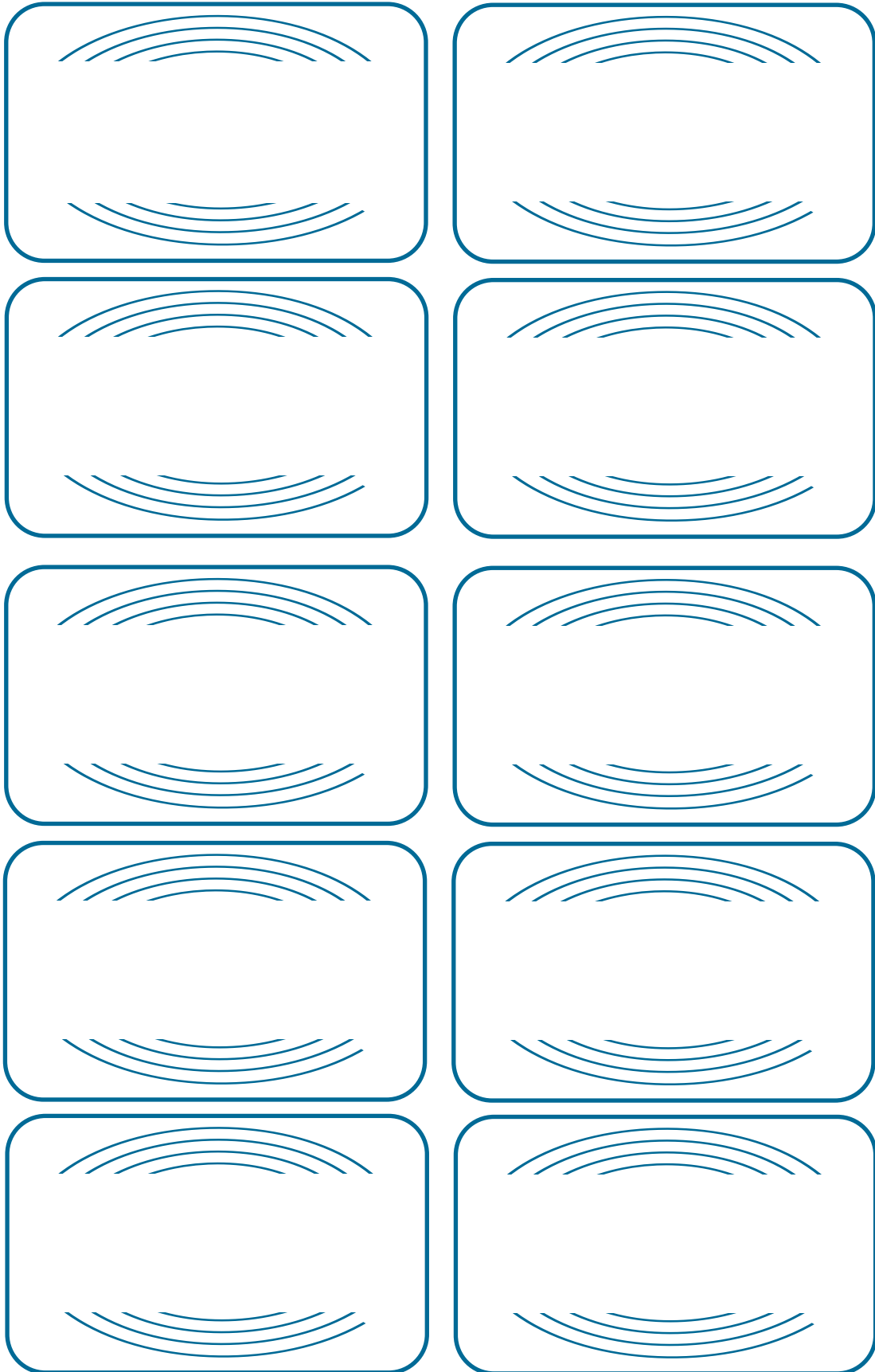
pray

get a good
night's sleep

cook something nice

write about
your feelings

pat the dog
or cat



Reflection

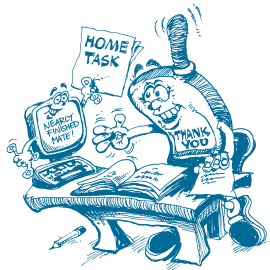


- Look back over the list of 'can do' coping strategies and think about times when you have felt really stressed or challenged.
- Has anything helped when you've felt this way?
- Pick your top five personal 'can do' coping strategies and record them in the box below.

My top five 'can do' coping strategies

1. _____
2. _____
3. _____
4. _____
5. _____

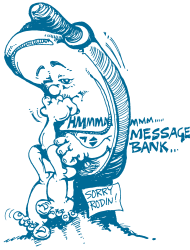
Home tasks



Think of two situations that are challenging or cause you some stress and that occur regularly (e.g. Maths homework, fight with sister). Write these below.

Over the next week, plan to use one of your top five 'can do' coping strategies each time one of these situations arises. Write notes about how the strategy works below.

Message bank



Stress is normal — everyone experiences stress.

It is helpful to identify how you react to stress, because then you will know the early warning signs and can take steps to manage stress.

It is important to find what works for you when coping with stress.

Your own text

