



# Managing and Coping with Stress

## Recommend Coping Strategies

Work in pairs to recommend a coping strategy that you think would be most useful for each of the nine stressors listed below. Complete your work on a separate page.

<b>Coping strategies</b>	<ul style="list-style-type: none"><li>• Avoidance strategies</li><li>• Drug therapies such as benzodiazepines</li><li>• Exercise</li><li>• Approach strategies</li><li>• Instrumental support</li><li>• Biofeedback</li><li>• Emotional support</li></ul>
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For each of the following situations:

- recommend a coping strategy
- explain how to use it for this stressor
- give one advantage and one disadvantage of using this strategy for this stressor

1. You have a lot of homework to complete by tomorrow.
2. You receive a detention for being late to class.
3. Your pet guinea pig passes away.
4. You experience severe anxiety for several weeks, which makes you unable to do everyday things, like getting out of bed to eat, go to school, see friends and talk to family.
5. Every time you see a spider, you feel your heart racing.
6. You are having trouble solving a maths question.
7. You are worried about your life after school.
8. It is a really hot day.
9. Your friend trips over and breaks his arm. Thankfully, a teacher is nearby.

