

Independent Living Program Activity Card

Category: RELATIONSHIPS & COMMUNICATION

Activity: Coping Mechanisms

Description:

The objective of this assignment is to: Help you explore some Coping Strategies, and use them in your everyday life. In this assignment you will learn about how setting a routine can be helpful to your mental health, will learn about Gratitude journals, and will have an opportunity to share other coping mechanism you use already in your life.

To receive full credit for this assignment, you will need to:

- Choose two of the three activity options below to complete.
- Email the completed work along with this cover sheet to: Michelle Estrada at mestrada@orangewoodfoundation.org

You may earn up to \$15.00 ILP dollars for completing this assignment.

Total Dollars Earned:

<p>\$</p> <p>(ILP Use Only)</p>

Notes:

	<p>Goal:</p> <p>None</p>
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Date: _____

_____ Youth Signature	_____ Date of Birth
_____ Print Name (Youth)	_____ Group Home (If Applicable)

<p>Receipt</p> <p>(ILP Use Only)</p>

What are Coping Mechanisms?

Coping mechanisms are strategies one can develop over time that are useful when faced with stress and or trauma. These coping mechanisms can help manage painful or difficult emotions. Some useful coping mechanisms include mindfulness, emotional awareness, self-soothing, and distraction.

Examples include, but are not limited to

- Exercise - Meditating - Yoga - Routine/Day Planning
- Reading - Cleaning clutter - Painting - Gratitude Journal

TO COMPLETE THIS ASSIGNMENT, CHOOSE AND COMPLETE 2 OF THE FOLLOWING 3 OPTIONS

1. **Create a morning or night routine-** Having a routine can significantly improve your health. Having some routine can decrease stress levels, improve your sleep, improve your physical health, and usually help you be more efficient with your time. People are creatures of habit, and routines offer a way to promote health and wellness through structure and organization. Depending on your preference and keeping in mind what time of day is more agreeable with you. If you are a morning bird, a morning routine might be better than a night owl. In which case, you might want to do a night routine.

Examples of things to include in your routine:

1. Drink water or coffee, take a shower/bath.
2. Write down 3 things you are grateful for, meditate for 10-15 minutes, stretch your body with yoga or dance.
3. Write down your goals/intentions for the day.
4. Plan to go for a walk-in nature.

Submit routine + paragraph summary of ways you put this into practice and what changes you've noticed.

<i>Morning/ Night Routine</i>
01.
02.
03.
04.
05.
06.
07.

2. **Submit one-week’s worth of a gratitude journal** entries along with a short summary of the differences you noticed (if any). There are a range of impressive benefits in the simple act of writing down the things for which we’re grateful—benefits including better sleep, fewer symptoms of illness, and more happiness. The entries are supposed to be brief—just a single sentence—and they range from the mundane (“waking up this morning”) to the sublime (“the generosity of friends”) to the timeless (“the Rolling Stones”).”

Journaling Tips

Don’t just go through the motions. Journaling is more effective if you first make the conscious decision to become happier and more grateful.

Go for depth over breadth. Elaborate in detail about particular things you are grateful for.

Get personal. Focusing on people whom you are grateful has more impact than focusing on things for which you are grateful.

Savor surprises. Try to record events that were unexpected or surprising.

Try subtraction, not just addition. Reflect on what your life would be like without certain blessings, rather than just adding up the good things.

Have fun.

3. **Tell us about the Coping Mechanisms you already use.** Think about some healthy coping mechanisms you already use in your daily life, or would like to start using. Answer the following questions based on these coping mechanisms

- What are some Healthy Coping Mechanisms you use, or would like to use?

- What is it about these coping mechanisms that you like? Why do you think they help you to cope?

- Not all Coping Mechanisms are healthy... can you think of some coping mechanisms that people use that can have a negative effect on their life/health?
