

INFORMATION FOR CAREGIVERS

ON COPING SKILLS



Coping skills are the anchors that keep our mental health steady amongst life's bumpy seas. Just as we maintain physical health through exercise and proper nutrition, nurturing our mental health involves learning and practicing these skills.

COPING SKILLS

- 1. Mindfulness and Meditation:** These practices encourage being present in the moment, reducing rumination and anxiety. Regular mindfulness and meditation help cultivate a sense of calm and self-awareness.
- 2. Deep Breathing Exercises:** Simple yet powerful, deep breathing techniques can quickly alleviate stress by activating the body's relaxation response.
- 3. Physical Activity:** Engaging in regular exercise releases endorphins, which are natural mood lifters. Physical activity is a valuable way to manage stress and maintain mental well-being.
- 4. Journaling:** Writing down thoughts and feelings can provide clarity, a sense of release, and a better understanding of one's emotions.
- 5. Social Support:** Connecting with friends, family, or support groups fosters a sense of belonging and helps individuals share their feelings and experiences.
- 6. Creative Outlets:** Engaging in creative activities like art, music, or crafting provides a positive way to channel emotions and express oneself.
- 7. Problem-Solving:** Developing effective problem-solving skills empowers individuals to tackle challenges logically and proactively, reducing feelings of helplessness.

RESOURCES

Please visit essexpediatrics.com/resources/ for links and additional resources.

WEBSITES

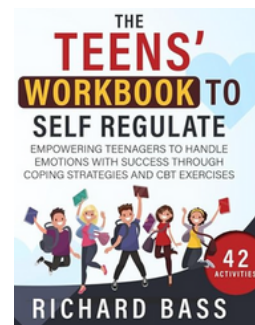
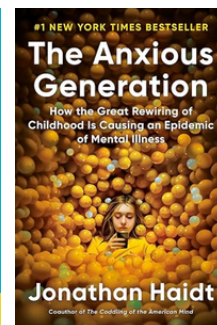
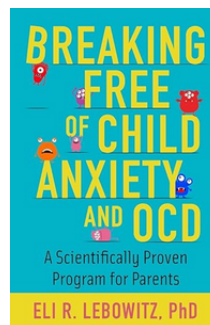
COPINGSKILLSFORKIDS.COM

This website provides articles and videos to educate around coping skills that include: relaxation, distraction, sensory, movement, and processing.

PSYCHCENTRAL.COM

Evidence-based guidance, up-to-date resources, and first-hand accounts to help you and your family's mental health journey.

BOOKS



PODCASTS



with Janine Halloran



DEAR MEDIA

MEDITATION APPS



At first, the idea of asking a child to meditate may seem like a laughable task. It's hard to get many kids to sit still for 30 seconds, let alone 10 minutes. But teaching kids the fundamentals of meditation isn't entirely out of reach. With the right approach, parents, educators, caregivers, and loving relatives can teach meditation for kids to help them understand how to calm their minds and settle into their bodies, allowing them to better process their feelings, retain new information, and improve focus — and do that much sooner than we'd think.