***Coping Mechanisms***

Are the strategies people often use in the face of stress and/or trauma to help manage painful or difficult emotions. Coping mechanisms can assist people by allowing them to adjust to stressful events while helping them maintain their emotional well-being.

**How to Use**

1. Allow the student to identify the specific behavior
2. Provide student with Coping Mechanism
3. Teacher will remind student of teacher-student contract.
4. Give student time to self-redirect.

**When to Use**

1. **When providing support**: Talking about a stressful event with a supportive person can be an effective way to manage stress. Seeking external support instead of self-isolating and internalizing the effects of stress can greatly reduce the negative effects of a difficult situation.
2. **Relaxation**: Any number of relaxing activities can help people cope with stress. [Relaxing](https://www.goodtherapy.org/blog/psychpedia/relaxation) activities may include practicing [meditation](https://www.goodtherapy.org/blog/psychpedia/meditation), progressive muscle relaxation or other calming techniques, sitting in nature, or listening to soft music.
3. **Problem-solving**: This coping mechanism involves identifying a problem that is causing stress and then developing and putting into action some potential solutions for effectively managing it.
4. **Humor**: Making light of a stressful situation may help people maintain perspective and prevent the situation from becoming overwhelming.
5. **Physical activity**: Exercise can serve as a natural and healthy form of stress relief. Running, yoga, swimming, walking, dance, team sports, and many other types of cardio can help people cope with stress and by releasing endorphins and creating one to get calm.

**Variations**

***Teacher Assisted Coping***

The teacher guides the student and reminds them of the coping mechanisms they created to help the kid. If the outburst occurs, the teacher and student will have a code word in place that will remind the student of the coping mechanisms without alarming the other students.

***Preventative Coping***

The teacher looks for cues or triggers to try and prevent the outburst from occurring. In the occasion that a student is not able to maintain the track of their behaviors, the student and teacher will have a plan in place so that the child’s needs are able to be me without disrupting the other children, or triggering another student.