

JULY SAFETY SEGMENT - HEALTHY COPING



When you've had a rough day at the office, having healthy coping skills can be key to getting you through tough times. Coping skills help you tolerate, minimize, and deal with stressful situations in life. Coping skills are the ways that people use to deal with stressful situations. Managing your stress well can help you feel better physically and psychologically and impact your ability to perform your best. These skills are not learned overnight but take practice to be effective. Find what works for you!

HEALTHY COPING SKILLS

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of the [Healthy Coping Skills](#) article from VeryWell. After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Looking at the article, are there some skills that you already do?
- What are some of the unhealthy coping skills?
- Can you think of another scenario where you could apply the problem or emotional based coping?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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