







# Coping Strategies

Phil Matthews



*mobile:* 07738238208

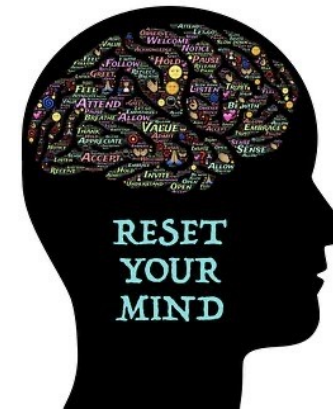
*email:* [phil@acewellbeing.co.uk](mailto:phil@acewellbeing.co.uk)

*website:* [www.acewellbeing.co.uk](http://www.acewellbeing.co.uk)

Ace Wellbeing Ltd.  
Walk Marina Offices,  
Frampton on Severn,  
Gloucestershire.  
GL2 7PR

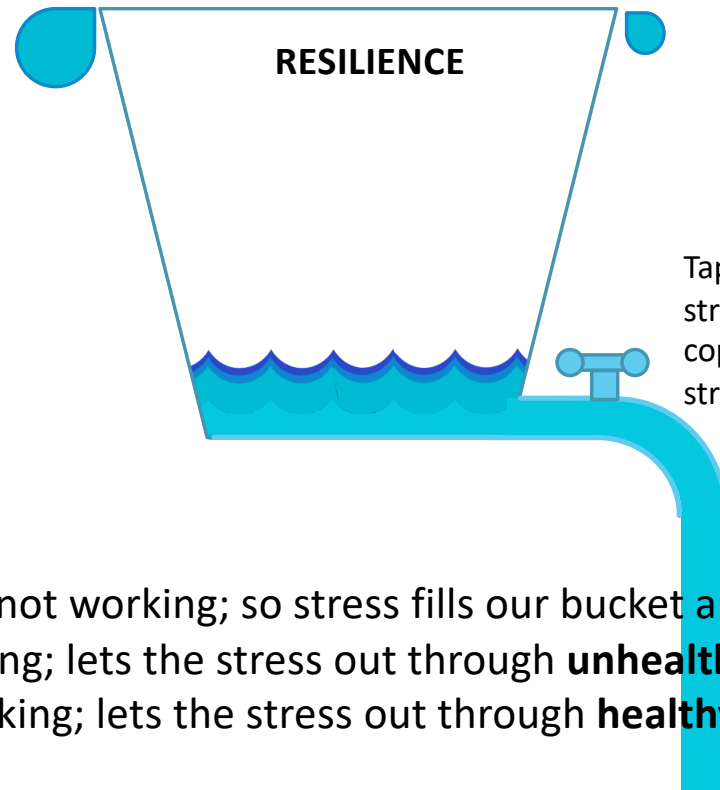
# British Emotion Scale

- ⦿ **Chuffed** – I have ascended from the mortal world to god like status the world is mine to command.
- ⦿ **Pretty Good** – I discovered the secret of immortality and I can fly
- ⦿ **Not Too Bad** – just remembered I bought shares in Apple in 1999
- ⦿ **Can't Complain** – Everything in my life is on track
- ⦿ **A Bit Miffed** – I have been declared legally bankrupt
- ⦿ **Down in the Dumps** – Mauled by a bear
- ⦿ **I've Been Better** – The sun's out and I'm not in a pub garden





# The Stress Container



Problems can happen when our 'stress bucket' overflows e.g. 'snapping'

This may lead to **anxiety** and/or **depression**

Tap to release stress levels: coping skills and strategies

**Not coping at all** = tap not working; so stress fills our bucket and overflows

**Bad coping** = tap working; lets the stress out through **unhealthy** strategies

**Good coping** = tap working; lets the stress out through **healthy** strategies



# The Five Ways to Wellbeing









**What are Your Barriers to Taking Care of your Own Wellbeing?**





# How do you overcome these Barriers?



# Self Preservation

- Are you able to recognise when you are struggling?
- Who do you talk to?
- How do you recharge your batteries?  
– Exercise/Creativity
- What are your coping strategies - are there any barriers to them?

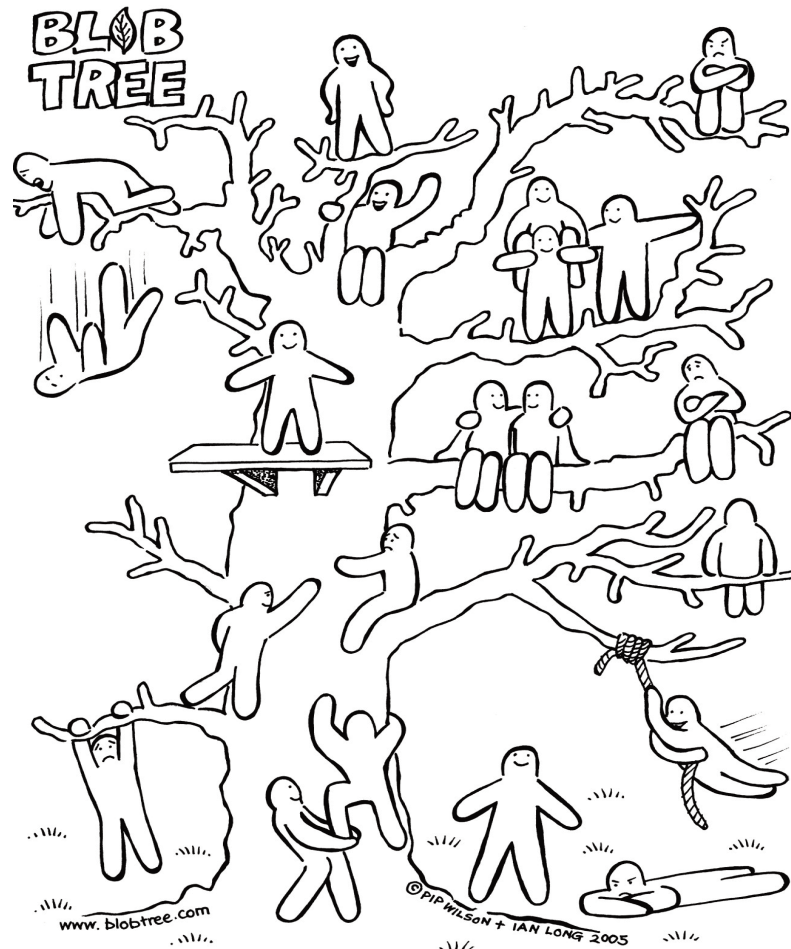


Never underestimate how demanding it is to provide support



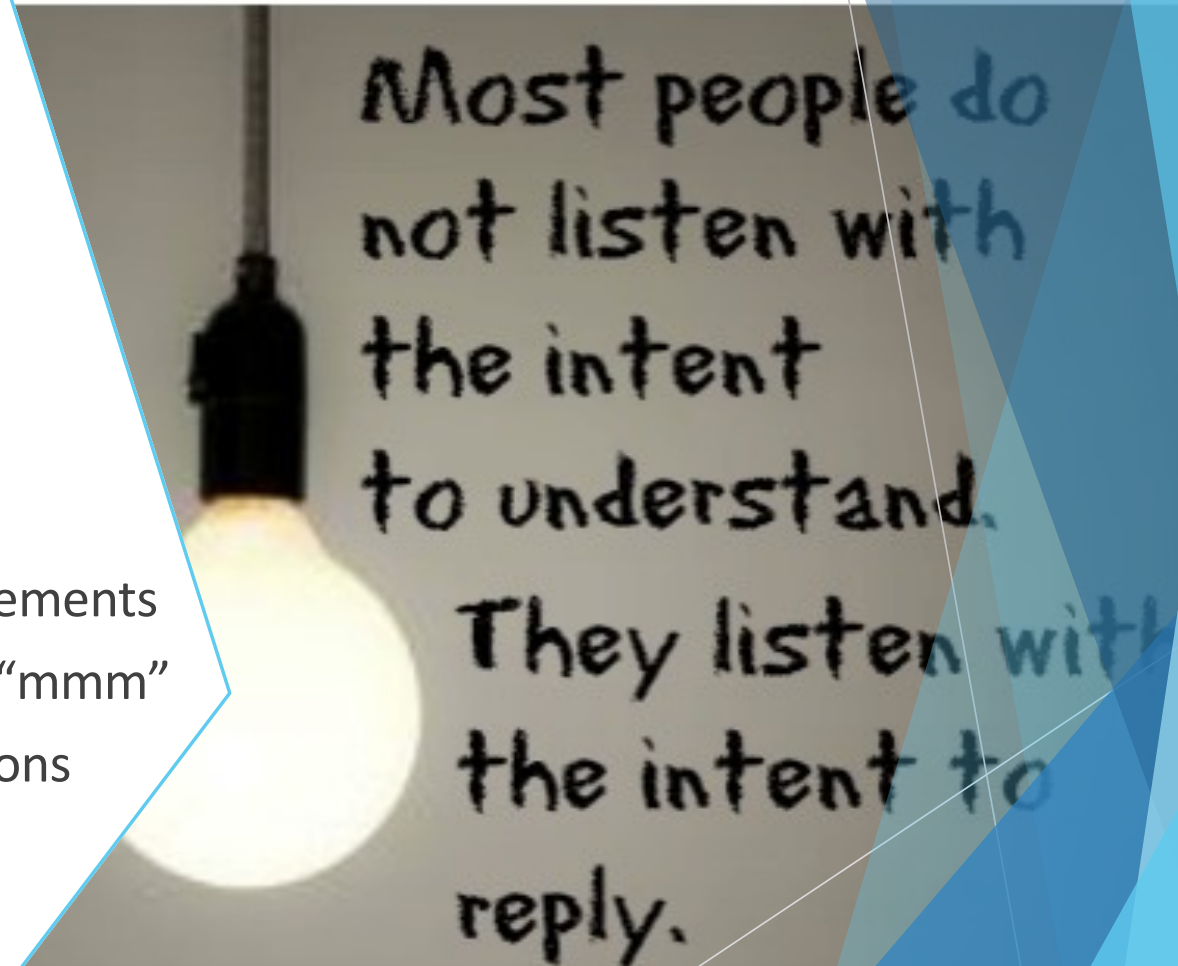
# What Helps?

- Self-Awareness
- Understanding
- Listening
- Boundaries
- Skill Development
- Being There
- Key message maintain routine this will pass



## Good Listening

- ⦿ Using the other persons words
- ⦿ Maintaining eye contact
- ⦿ Sitting still and not fidgeting
- ⦿ Asking relevant questions
- ⦿ Not interrupting
- ⦿ Not making assumptions
- ⦿ Mirroring the other persons movements
- ⦿ Nodding with non verbal sounds “mmm”
- ⦿ Using encouraging facial expressions

A person is standing in front of a screen displaying text. The text on the screen reads: "Most people do not listen with the intent to understand. They listen with the intent to reply." The person is silhouetted against the screen, and a large, glowing lightbulb is visible in the foreground, partially obscuring the text.

Most people do not listen with the intent to understand. They listen with the intent to reply.

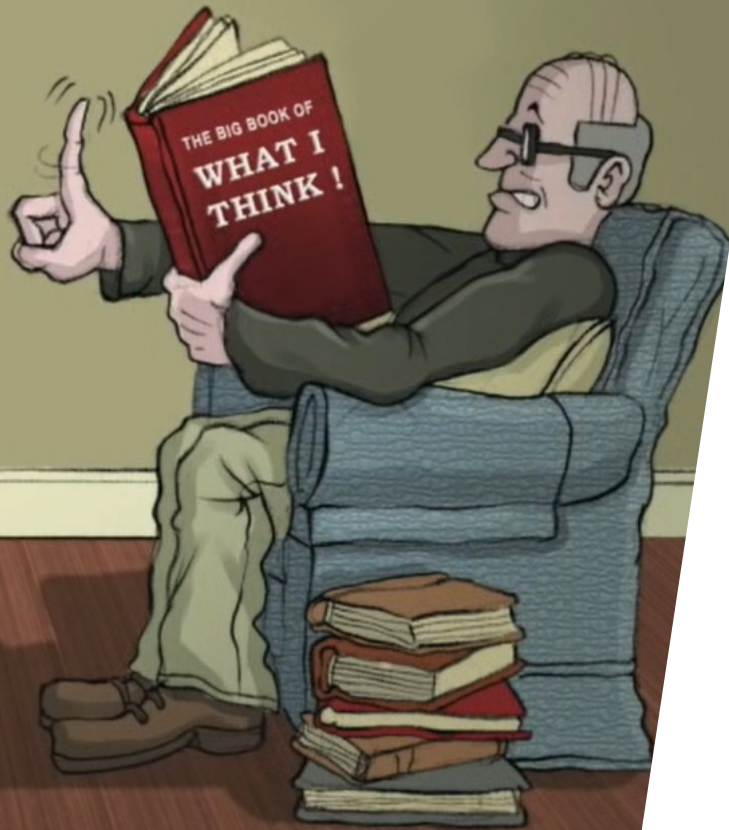


## Example Questions

- ⦿ "Do you mean that...?"
- ⦿ "I wonder if...?"
- ⦿ "Could it be that...?"
- ⦿ "I'm rather confused about..."
- ⦿ "Could you tell me more..."
- ⦿ "What do you think about...?"
- ⦿ "What do you plan to do?"
- ⦿ "Give me an example..."
- ⦿ "What would you like to do...?"
- ⦿ "How do you feel you could deal with that?"
- ⦿ "What do you think is standing in your way?"
- ⦿ "It sounds to me as if you are saying..."
- ⦿ "What does that mean to you?"



# Blah



## What to avoid.....

- ⦿ Focusing on the facts – a lot of people do that – instead, focus on how they are feeling
- ⦿ Filling the silences with platitudes
- ⦿ Showing frustration or judgement
- ⦿ Offering solutions and unsolicited help, remember you don't have to "fix them"
- ⦿ Don't tell them things will be ok – (you don't know that!) This dismisses severity
- ⦿ Sharing your views, thoughts and feelings about the situation – keep the focus on them



# Self Preservation

- ⦿ Be aware how supporting another can be very demanding on your own reserves
- ⦿ Be mindful of limits and boundaries
- ⦿ Consider your own window on the world
- ⦿ Try to make time to do the things you enjoy
- ⦿ What does your support network look like – who is in it?
- ⦿ What gets in the way of your own self care?
- ⦿ Don't forget the physical stuff



## Ten Keys to Happier Living

**Giving**

**Relating**

**Exercising**

**Appreciating**

**Trying out**

**Direction**

**Resilience**

**Emotion**

**Acceptance**

**Meaning**



*I choose to be  
happy*



# Thank You

Email: [phil@acewellbeing.co.uk](mailto:phil@acewellbeing.co.uk)

Mobile: [07738238208](tel:07738238208)

Website: [www.acewellbeing.co.uk](http://www.acewellbeing.co.uk)

