

Coping Skills

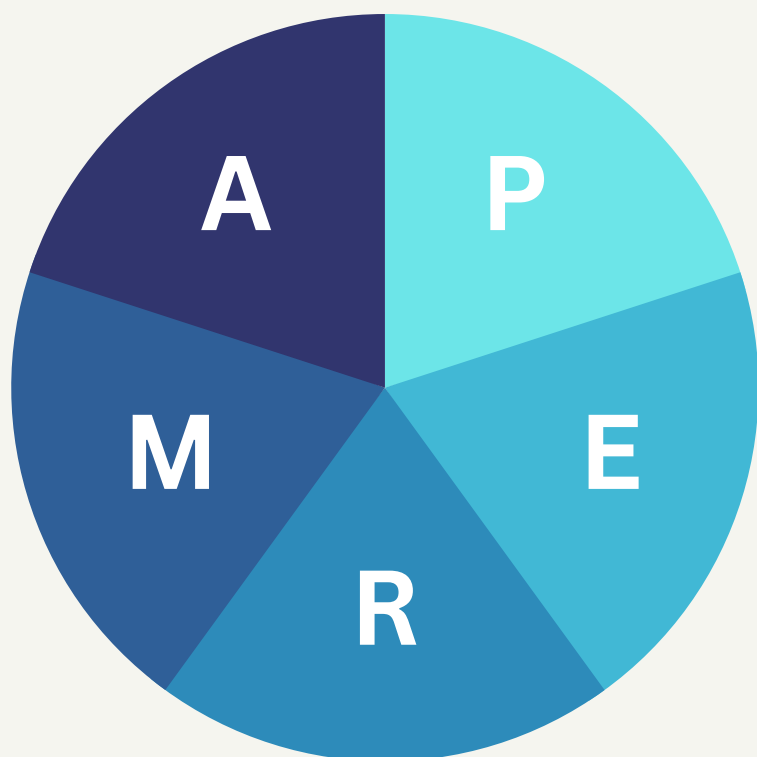


What are Coping Skills?

A set of adaptive skills or resources that can support you in times of stress.

The PERMA™ theory of Well-being: A Coping Strategy

The PERMA™ theory of Well-being outlines five building blocks that can help an individual cope, flourish and thrive at work.



Coping Skills Resources

Everyone may have different coping skills that work for them.

If your symptoms are affecting you at work, please reach out to the Employee Well-being Consultant for your department for support.

For more information, please refer to:

- Mindfulness and meditation
- Gratitude journaling
- Sleep hygiene



Benefits of Coping Skills

Helps one cope with stressful situations in adaptive and productive ways

"Life doesn't get easier or more forgiving, we get stronger and more resilient."
-Steve Maraboli



Positive Emotion

- Go for a walk outside, read a book, exercise.



Engagement

- Do work tasks that are challenging and relevant to your abilities and interests, engage in mindfulness practices, create to-do lists.



Relationships

- Ask for support from and/or help others, video chat or phone a friend/family member.



Meaning

- Find activities that are meaningful to you and give you a sense of purpose.



Accomplishment

- Reframe and identify how you define success in the workplace using goal setting and/or journaling.