

# Facilitator Guide

## Coping Skills



## Procedure

### **Slides 2-3: What stands in the way of good mental health?**

Facilitator says: “What stands in the way of good mental health?” Expected response: Students will likely offer many ideas; Facilitator should guide students to “unmanaged stress” as one thing that can get in the way of good mental health. “What might too much stress do to our bodies?” Expected response: stomach aches, headaches, sweaty, shaking, heart beating fast, sickness “When do you know that you are stressed? What does it feel like in your body? Facilitator can share their stress response (i.e. stomach aches, tight shoulders) to prompt student responses.


### **Slide 4: Too much stress can lead to overwhelming feelings**

Facilitator says: “Stress is a normal part of life, it helps motivate us to get things done and do our best. BUT too much stress can cause problems for our bodies and our minds. Too much stress can lead to overwhelming feelings and so we need to be able to recognize when we are feeling stressed and we need to respond to that in healthy ways.

### **Slide 5: Low Battery**

Facilitator says: “Like a phone or other electronic device, people need to recharge, too. Just like a phone, if we don’t charge up (or take care of ourselves), we don’t work as well. Sometimes that charge is just enough to get us through (like plugging in your phone to finish a game) and sometimes that charging is a total reboot (like charging your phone all night long). When people use coping strategies, it’s just like charging a phone! It’s best to keep yourself (and your phone) in the green, we sometimes dip to yellow and even sometimes to red. We want to be in the green and we should use coping strategies to keep us there. As you work today, see if you can figure out what “coping strategies” are!”

### **Slide 6: Coping Skills**



Facilitator says: “Coping means to face and deal with responsibilities, problems, or difficulties in a calm, appropriate and successful manner. We use coping strategies sometimes without paying attention. It is what we do to make ourselves feel better when we are upset. Coping helps us tackle our problems and find solutions like asking for help or processing strong feelings for difficult situations we cannot change.

Facilitator says: “Remember Sasha and Andre? What did they do to cope with their feelings?” (Expected response: talk to trusted adult, take a break, hang out with friends, do something that you enjoy, exercise, talk to a friend) Why did what worked for Sasha not work as well for Andre (Expected response: because Andre’s feelings were overwhelming/more severe; what works for one person may not work for another person).

### **Thought Questions during The Daily Mile:**

Facilitator says: “We talked about stress today and some different coping strategies. During our run, think about an activity or activities that make you feel better when you are stressed. What about this activity makes you feel calmer? Is there another type of activity that you would like to try when you are feeling stressed?”

### **Optional After Run Activity: Coping Dairy Worksheet**

## **Additional Resources**

Find more free resources on mindfulness and social emotional learning through physical activity using the links below!

- a. [Erikas Lighthouse Resource Portal](#)
- b. [The Daily Mile Social Emotional Learning](#)