



# POSITIVE AND NEGATIVE COPING

Using the C-O-P-E Method

**6.MEH.2.2- Differentiate  
between positive and negative  
stress management strategies.**



There are  
positive  
methods of  
coping with  
stress . . .



... and there  
are negative  
ways to cope  
with stress.



## The C-O-P-E Method

**C** = Change how you think about the stressor.

Example:

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**O** = Organize with attention to time management.

Example:

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**P** = Practice relaxation techniques.

Example:

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**E** = Emotions can be managed.

Example:

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## How to C-O-P-E

**C = Change how you think about the stressor.**

Stress Example:

Emma missed her ride and must walk to school.

Positive Coping:

Change thought process to, "I really need the exercise anyway, and I can think about the report that's due as I'm walking."

## How to C-O-P-E

**O = Organize with attention to time management.**

Stress Example: Planning a service learning project seems overwhelming.

Positive Coping: “I can break this down into smaller tasks and enlist others to help.”

# How to C-O-P-E

**P = Practice relaxation techniques.**

Stress Example:

Pressure to perform well on end-of-course math exam.

Positive Coping:

Just before the test, practice muscular relaxation and deep breathing.

# How to C-O-P-E

**E = Emotions can be managed.**

Stress Example:

Your best friend since third grade is moving to another state.

Positive Coping:

Deciding it's okay to be sad, having a farewell party to say goodbye, and planning to stay in touch via email.

# Putting It to Practice

Use the C-O-P-E method to practice for these stressors:

- Being scolded for not finishing homework
- Thinking your neighborhood's not safe
- Wondering if you have the right outfit for a party
- Not getting enough sleep before a big game
- Being yelled at by older sister for being in the bathroom

# Characteristics of Coping Methods

Decide whether the coping strategy listed below is positive or negative and why.

Coping	+?	-?	Why?
Procrastinating on a big project.		-	Putting something off causes MORE stress.
Taking a long walk to "blow off steam."			
Being assertive about your needs.			
Eating comfort food (high in fat and sugar).			
Ignoring a hurtful comment from a friend.			
Seeking help from the counselor.			
Telling yourself you'll never be good enough.			
Setting smaller goals to help meet a big one.			
Copying a friend's homework to avoid detention.			
Deciding a situation is not that big a problem.			
Walking away from a bully who wants to fight.			

# Closure:

- *Our lesson today was about managing stress. We learned there are both positive and negative strategies for coping. Stress is a part of all our lives, but it can be managed. How you cope with stress each day can affect your health and your relationships with other people. Hopefully we will begin to use the positive methods of coping with stress which help us be healthier and more satisfied with our lives and our relationships with others.*