



Lesson 2:

BUILDING COPING SKILLS

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FACTS.
YOUR
FUTURE.**



2.1

OVERVIEW

Learning Objectives

This lesson will cover:

- Resilience and healthy relationships
- Stressors and coping strategies
- Personal boundaries
- Refusal skills



A low-angle, upward-looking photograph of a diverse group of young people, mostly women, gathered in a circle. They are all smiling and looking towards the center, where their hands are stacked on top of each other in a gesture of unity and teamwork. The background is a bright, clear blue sky. The image has a light blue tint and is overlaid with a yellow banner on the left side.

2.2

Resilience

What is Resilience?

Resilience is the ability to adapt, cope, and thrive in the face of tough or stressful situations and can be learned, practiced, and increased over time.





Building Resilience

There are many ways to build **resilience.**

- Building supportive relationships
- Practicing positive coping strategies
- Implementing problem-solving skills
- Getting a new perspective

2.3

Stressors



What are **stressors**?

Everyday **stressors**, just like the name implies, can be anything that causes you to feel stressed.



External stressors

External stressors

come from outside influences that you likely can't control.





Internal stressors

Internal stressors are harder to notice because no one may know they're there except you.

Activity 1

**What's Stressing
You Out Right Now?**



Activity 2

Your Response Tendency

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Name: _____

Everyone responds to stressors differently. It's helpful to know how you respond to stressors because this can influence your actions. Implement coping strategies to help you positively respond to stressors.

This self-assessment will identify your response tendency. Lesson 3.

INSTRUCTIONS
Consider the following scenarios and circle the response you would be, not what you think it should be.

Q1 When faced with a challenging situation, you:
A. Dive in and start working on it right away.
B. Feel overwhelmed and unsure.
C. Avoid thinking about it until the last minute.
D. Seek help or guidance from others.

Q2 If I experience conflict with a friend or family member, I:
A. Address the issue directly and calmly.
B. Give myself some space to think about it.
C. Pretend like everything is fine.
D. Seek support or advice from others.

Q3 When dealing with a major stressor, I:
A. Adapt quickly and look for solutions.
B. Feel anxious or overwhelmed.
C. Avoid thinking about it.
D. Seek reassurance or support from others.

Q4 If I have a lot on my plate, I:
A. Prioritize tasks and focus on the most important ones.
B. Feel unsure where to start.
C. Ignore the stressor until it's too late.
D. Reach out to friends or family for help.

Q5 If someone offers me help, I:
A. Firmly decline.
B. Ignore the offer.
C. Plan what to do with the help.
D. Seek support from others.

CALCULATE YOUR RESPONSE TENDENCY
Drum roll, please... let's find out your Response Tendency! Use the lines below to write how many of each letter you circled from the assessment questions.

Total number of As circled: _____
Total number of Bs circled: _____
Total number of Cs circled: _____
Total number of Ds circled: _____

Do you have a tie between your top letters? Read the descriptions below and decide which of the responses best describe your tendency.

Response Tendency Descriptions:
Remember, this self-assessment is just a starting point to understand yourself better. Your tendency might change over time, and you may notice that you respond in more than one way depending on the situation. One response tendency is not better than another.

If most of your responses are A, you might be a Bull. Bulls tend to respond to stress by charging forward – addressing or confronting the situation head-on, often without thinking too much about the consequences.

If most of your responses are B, you might be an Ostrich. Ostriches tend to respond to stress by putting their head in the sand. They may withdraw, escape, or try and avoid the situation altogether.

If most of your responses are C, you might be a Possum. Possums tend to respond to stress by playing dead – often feeling stuck or numb to the situation and unable to move forward or take action.

If most of your responses are D, you might be a Fawn. Fawns tend to respond to stress by going with the flow – asking for help first, seeking the approval of others, and trying to keep the peace.

My Response Tendency is _____

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Learn more about making smart choices: TheFactsYourFuture.org

Let's Discuss



Post-Activity
Discussion

2.4

Coping Strategies



What are coping strategies?

Coping strategies are things we do and think to help us deal with stressful events to help make them less uncomfortable.



Healthy & Unhealthy Coping Strategies

Healthy

cop coping strategies

build the skills of resilience,
making you better able to respond
to different kinds of challenges.

Unhealthy

cop coping strategies

can provide short-term
relief, but they typically lead
to harmful situations.

Activity 3

Healthy Coping Strategies Collage Activity

Directions:

Think of some positive coping strategies that you use in your own life. As we discuss possible strategies as a class, take a few of these post-it notes and write down a positive coping strategy on each note.



Let's Discuss



Post-Activity
Discussion

2.5

Boundaries



What is a Personal Boundary?

A **personal boundary** is a limit you set that lets other people know what is okay and not okay to say and do to you or around you.



Types of Boundaries

Example 1

Maybe someone sat too close to you, and you moved over to give you both more room.

Types of Boundaries

You were setting a
physical boundary.

Types of Boundaries

Example 2

Maybe someone was spreading rumors about a friend, and you spoke up letting them know that wasn't okay.

Types of Boundaries

You set an
emotional boundary
here.

Types of Boundaries

Example 3

Maybe you blocked or unfollowed someone on social media who posted rude or derogatory messages.

Types of Boundaries

This is one example
of creating a
digital boundary.

Types of Boundaries

It's important to remember that your boundaries may vary depending on the person, or the situation, and they will likely change over time.



2.6

Refusal Skills



Two overlapping speech bubbles, one yellow and one teal, are positioned above the title text.

Using Refusal Skills Discussion

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Activity 4

My Brand Story & Vision Activity

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Name: _____

MY BRAND STORY & VISION

Knowing what's important to you helps you make the best choices to get where you want to go. Like defining choices, what's important to you may be influenced by friends and family, your culture, and the different groups you're a part of. These factors (and many more) also contribute to who you are as an individual, but they don't necessarily define you. You do. You get to choose who you want to be, what matters to you, and what you envision for yourself. Think of this combination as your personal brand.

The board on the following page will help you picture your goals so that you can decide what things should and shouldn't be a part of your life now to help you achieve your goals, and how to create your personal brand story.

Step 1: Craft Your Brand Story

If you had a personal brand, what words would describe you? Consider your values, things that make you unique, parts of you that make you feel proud, parts of your life history that make you who you are, along with things like personality traits, talents, likes and dislikes, interests, accomplishments, and challenges. Be as authentic as possible. Write or draw these elements of yourself in the My Brand Story box.

Step 2: Think About Your Aspirations (Vision)

Think about your dreams and goals for the future, and the qualities you want to represent your life. Your future goals might include things you want to learn, accomplish, or experience, or places you want to explore or visit. Consider what you want for various parts of your life such as school, career, personal growth, relationships, hobbies, and wellness. In the yellow boxes, write some of your goals. *Note: The future can refer to the next few weeks or months, the next year, or even the next 5 years. It's ok if you haven't thought about some of these things yet. Start where you are.

Step 3: Gather Inspiration & Create Your Vision Board

Thinking about your hopes and goals from Step 2, write words, statements, or draw pictures that will remind you of the dreams and goals you have for yourself – the things you want to do. Consider leaving space here if you plan to expand your vision board with printed items that you glue to the board after browsing through websites, social media, magazines, or newspapers for images, quotes, and words. If you'd like, include a date for when you want to accomplish your goal.

Step 4: Reflect and Personalize

Take a step back and look at your vision board. Reflect on the images and words you've chosen, and how they represent your dreams and aspirations. Is this how you see yourself now? Is this how you see yourself in a few years from now? Does the vision you've created reflect what matters most to you? Does it help you to think of how your actions today will help you get to your goals?

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Create Your Brand Story →

After High School...

- Graduate!
- Learn how to cook for myself
- Go on a trip



ANY QUESTIONS?

Resources

If you know someone has issues with continued opioid or substance use, talk to a trusted adult. A doctor can screen for signs of drug use and related health conditions and suggest possible next steps.

Other more immediate resources include:

988 Florida Lifeline: A free behavioral health support service, available 24/7, that connects Floridians to a crisis counselor in their immediate area. Call, text, or chat 988 to be connected to trained counselors.

988FLORIDALIFELINE.COM

CORE Network: A long-term substance use disorder recovery program designed to establish a coordinated system of care for those seeking treatment for substance use disorder. **FLCORENETWORK.COM**

iSaveFL: Drug overdose is a nationwide epidemic and an increasing number of Floridians are losing their lives to overdose - you can help save a life with naloxone. **ISAVEFL.COM**

Local Services: If you or someone you know is in need of substance abuse and/or mental health services, Department of Children and Families' local managing entities can help you locate available programs.

MYFLFAMILIES.COM/SAMH-GET-HELP