

COPING SKILLS



WHAT ARE COPING SKILLS?

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

BENEFITS OF COPING SKILLS

- Helps one cope with stressful situations in adaptive and productive ways

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

P

Positive Emotion

Go for a walk outside, read a book, exercise

E

Engagement

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

R

Relationships

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

M

Meaning

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

A

Accomplishment

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



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](#)

Disclaimer: This handout is provided as educational information and does not substitute for the consultation, diagnosis, or treatment from qualified healthcare providers. External resources have been carefully selected but are not produced by Western University. References available upon request. Illustrations by vectorjuice on Freepik