

COPING SKILLS PRETEST

Check how often you use each of these positive and negative coping skills to cope with your feelings.

	ALWAYS	SOMETIMES	NEVER
Use my words to hurt other people's feelings			
Take a "Time-Out" from the situation			
Yell or Scream			
Do Deep Breathing, Mindfulness or Count to 10			
Make threats or look or act threatening			
Talk to a friend about my feelings			
Talk to a trusted adult about my feelings			
Name-call or insult others			
Tell myself to just forget it and deny to self			
Express my feelings in a positive way			
Find something to distract me			
Throw or break objects			
Cry			
Use bad words or swear/cuss			

What pattern(s) do you see?

Are you surprised by anything you see?

When things feel "uncontrollable", how does it make you feel?

unsafe
 scared
 confused
 sad
 angry
 anxious

Adapted from My Elements - www.myelements.com

Coping Skill Brainstorm

Think about:

Coping Skills, I Already Use:

-
-
-
-

Coping Skills, I Would Like to Use More:

-
-
-
-

Coping Skills That Are Unhealthy:

-
-
-
-

Coping Skills That I Want to Try:

-
-
-

Coping Skills That I Learned Today:

Coping Skills Categories

Use Diversions

Go for a walk	Read a book	Play a sport	Cook or bake
Watch a movie	Practice a hobby	Go for a run	stretch
Do yard work	Draw or paint	Write or journal	Bounce or kick a ball
Play a game	Text or call a friend	Play with a pet	Think of happy memories
Play an instrument	Go for a bike or car ride	Listen to music	Hug a person or pillow
Go hiking in nature	Take photographs	Clean or organize	Video call family or friends

Emotional Coping – If you can't change the problem, change your outlook.

- Reduce emotions associated with a stressor – and avoid the problem.
- Change your emotional response to reduce the impact of stressors.

Health Habits / Self-Care / Physical Release

- Find the “good”
- Talk to a therapist or counselor.
- Talk to a trusted adult or friend.
- Controlled Distraction – watch a show/movie, listen to music
- Exercise
- Intentionally tense and then relax muscles throughout your body.

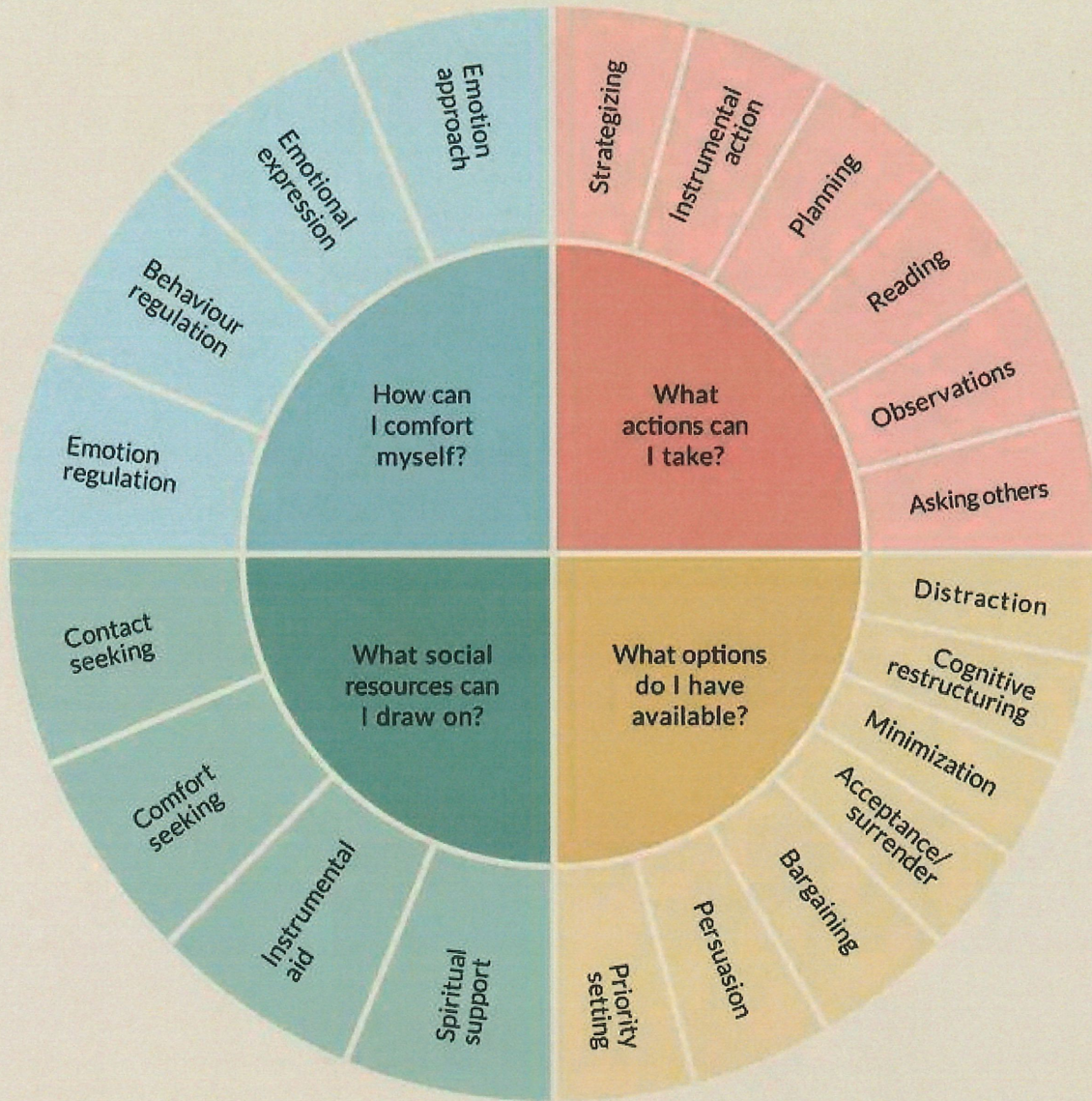
Grounding Skills

- Meditating
- Breathing Techniques
- Practice Forgiveness
- Thankfulness – Say out loud or write down 3 things you are thankful for each day.
- Prayer
- Go spend time outside (barefoot in grass is ideal)

UNHEALTHY COPING – What healthy coping strategy can you implement instead?

- Busyness
 - Failing to talk about emotions.
 - Toxic positivity
 - Over-analyzing the problem.
 - Overthinking can cause catastrophic thinking.
 - Isolating yourself from friends and family
 - Venting may cause excessive focus on the issue.
 - Ranting to the wrong person may cause additional issues and amplify the problem.
 - Denial and Disengaging
-

ADAPTIVE COPING STRATEGIES WHEEL FOR DIFFICULT TIMES



Coping Ahead of Time

1. Describe a situation that is likely to create negative emotions for you concerning your brother or sister.
2. Decide what coping or problem-solving skill you want to use in the situation.
3. Imagine being in the situation right now.
4. Rehearse in your mind coping effectively in the situation.
What will you do? or say?

How will you do it? Or say it?

If this does not work like the thought, what other strategy can you try?

Use your ...



voice

Nice + Neutral + Normal



~~Angry~~

~~Mean~~

~~Whiny~~

~~Sarcastic~~

Before you speak,

T

Is it **TRUE**?

H

Is it **HELPFUL**?

I

Is it **INSPIRING**?

N

Is it **NECESSARY**?

K

Is it **KIND**?

Checking In When We Try Something

This is a tool to use in looking back at an interaction, an action or activity and what was produced or the effects of that interaction or action. Helping you see what was successful or not successful. Helping you see if change is needed or not.

"I did better than I thought I would"

"I pushed myself and worked hard"

"I took a chance by trying out something new"

"I changed my work as I went along"

"I listened to others' feedback"

"I was clear on the task"

"I'm satisfied with my results"

"I was working on a deadline"

"I didn't do as well as I imagined"

"I could have tried a bit harder"

"I stuck to what I knew, because that's what I feel sure of."

"I stuck to my approach throughout"

"I kept going using my own approach"

"I was unsure what I was supposed to do"

"I'm not content with my results"

"It was a continuing project"

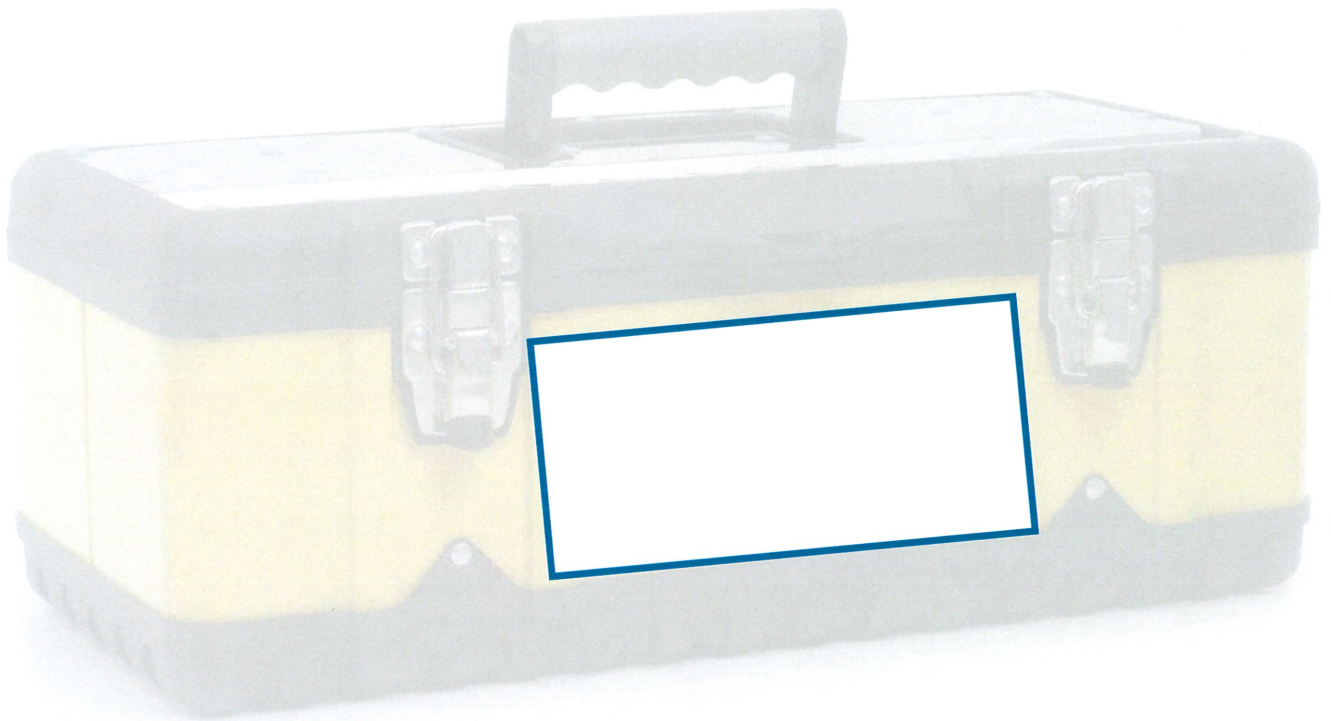
VS.

Coping Strategies

Exercise	Write (Poetries, Stories, Journal)	Be with other people
Sing	Let yourself cry	Play with a pet
Watch a favorite show	Hydrate	Go see a movie
Go shopping	Read a good book	Listen to music
Breathe	Bake cookies	Paint/Draw
Play a sport	Hug a pillow or stuffed animal	Dance
Play with modeling clay/play-doh	Take up a new hobby	Go outside for 15 minutes

Create or build something	Pray	Make a list of blessings in your life
Go to a friend's house	Talk to someone close to you	Ride a bike
Color	Jump on a trampoline	Make a playlist of your favorite songs
Take a 15-minute break	Play video or computer games	Text/call or facetime someone you love
Rearrange your room	Take a walk	Clean your room/closet
Hug a friend or family member	Make a list of goals for the next week/month/year/5 years.	Do a random act of kindness
Scream into a pillow	Stretch	Meditate

My Coping Toolbox



Coping Strategies for
Uncontrollable Situations



Draw a Picture or Color



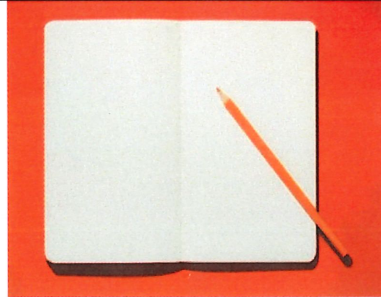
Talk to an Adult



Spend Time Outside



Take Deep Breaths



Write Down How You Feel

*Thankful
&
Grateful*

Say 3 Things You Are Thankful For



Do Some Stretches



Listen to Music



Read Your Favorite Book



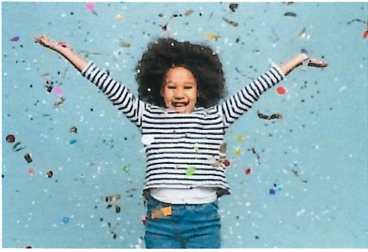
Tense and Relax Muscles



Bounce or Kick a Ball



Squeeze Stress Ball



Think of Something You are Looking Forward To



Think About Something That Makes You Laugh



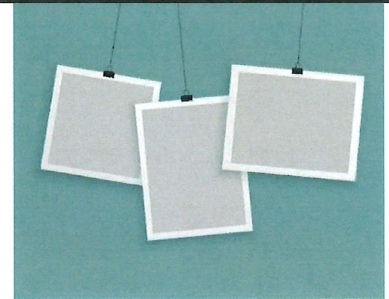
Play with Play-Doh



Call a Friend



Video Call Family Member



Think About Happy Memories/Look at Pictures



Blow bubbles



Count to 10



Hug a Pillow or Stuffed Animal

Building a Disability Ministry that Lasts...

5 Steps to Getting Started



1. Ask and Listen

When beginning a ministry, you need to know who you're serving and how they define their needs! Don't make assumptions about what people need, and don't ignore people already in your congregation. Start by meeting the needs of people already in your church, you will grow in your capacity to serve those who will come in the future. While this is step one, it's something we need to return to often. Needs change and adapt with time. Periodic adjustments and tune-ups will keep your ministry healthy and vibrant as those in your ministry move from childhood, to their teen years, to adult life.

2. Set Goals

Your ministry needs to know what it's trying to accomplish. Ministries can grow and adapt, but if you don't know where you're going, you'll never get there! A mission statement will help guide choices. And the good news is, your church probably already has a mission statement. For example, if your church mission statement says, "To be a place where *everyone* can know Jesus, connect with others, and serve our community," how do people with disabilities fit into that mission? The simple answer is, they're part of "everyone!" If you tie your disability ministry's mission statement to the mission of the church, it becomes part of your church's DNA.

3. Define Leadership Roles

The long-term health of your ministry depends on having a ministry structure that can scale to the size of your ministry. Regardless of your ministry's focus or purpose, there are three roles that need to be filled. While a small ministry may have one person filling these roles, a growing ministry will need to delegate these responsibilities to a team.

Leadership Liaison

This person has access to church staff and leadership, providing a bridge for open communication.

Volunteer Liaison

Training, encouraging, and scheduling volunteers is key to any ministry, but particularly in disability ministry where relationships are critical and trust is built over time.

Family Liaison

Disability ministry is constantly evolving and changing in response to the needs of the families being served. This person builds relationships to understand the needs of new families and the changing needs of existing families as they move through different phases of life. Current family information is updated in the Family Ministry Profile.

4. Recruiting Volunteers

Disability ministry can sound like the realm of medical professionals and trained, special-ed teachers. But, “not an expert,” does not mean “unqualified.” While experts provide helpful guidance and insights, disability ministry is a *ministry*. Godly character and gifting are the most important qualifications.

Who to Recruit

Character counts far more than experience or expertise! You don't need *just* experts, but you also don't need *just* anyone! You want volunteers who can grow in their God-given gifting. Be cautious about recruiting parents or siblings of someone affected by a disability. While they may have experience and a willingness to help, offering respite to families affected by special needs may be more valuable.

How to Recruit

Connecting someone's gifts and character with disability ministry helps people see how they are *already* qualified to serve. Consider the power of saying, “I see the way you are patient and kind and always remember details about people's lives. Those are qualities we need in our disability ministry.” Be intentional in your conversations with those you want to serve with you.

What to Ask

Define the volunteer role, frequency of service, time commitment, training provided, and leadership structure. Clearly defined expectations and commitments will be a blessing to everyone involved!

5. Prepare Your Church

Volunteers are not the only ones who need training! A truly accessible church involves everyone in the church family. A church culture that values, welcomes, and accepts people of all abilities is a church that reflects the heart of Christ.

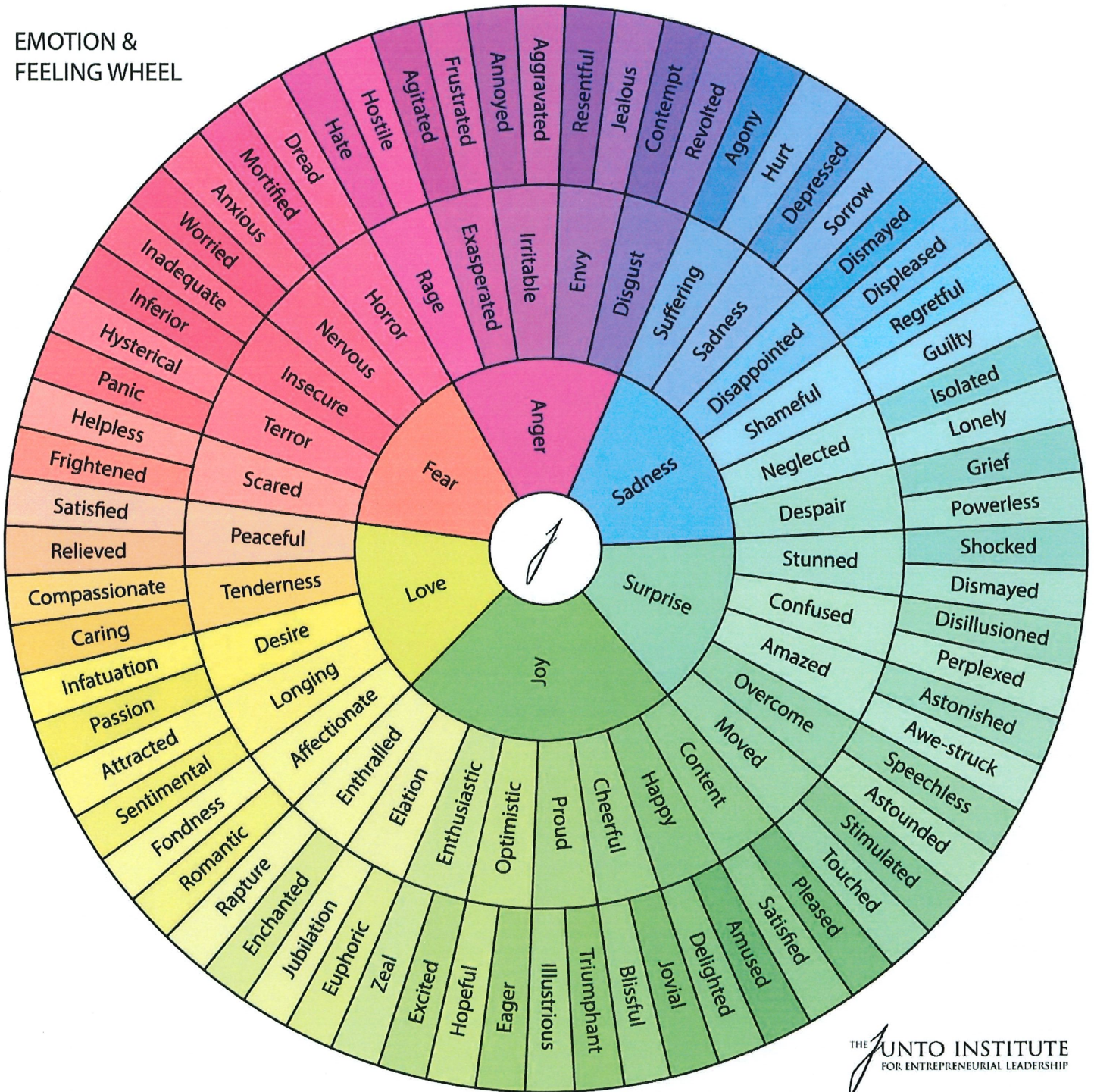
Disability Awareness

The first step toward an accessible, welcoming church culture is understanding the realities of life with a disability. Familiarity builds empathy for the struggles of those with disabilities, while at the same time reveals what we all share: a need for love, acceptance, and most of all a saving faith in Jesus!

Disability Etiquette

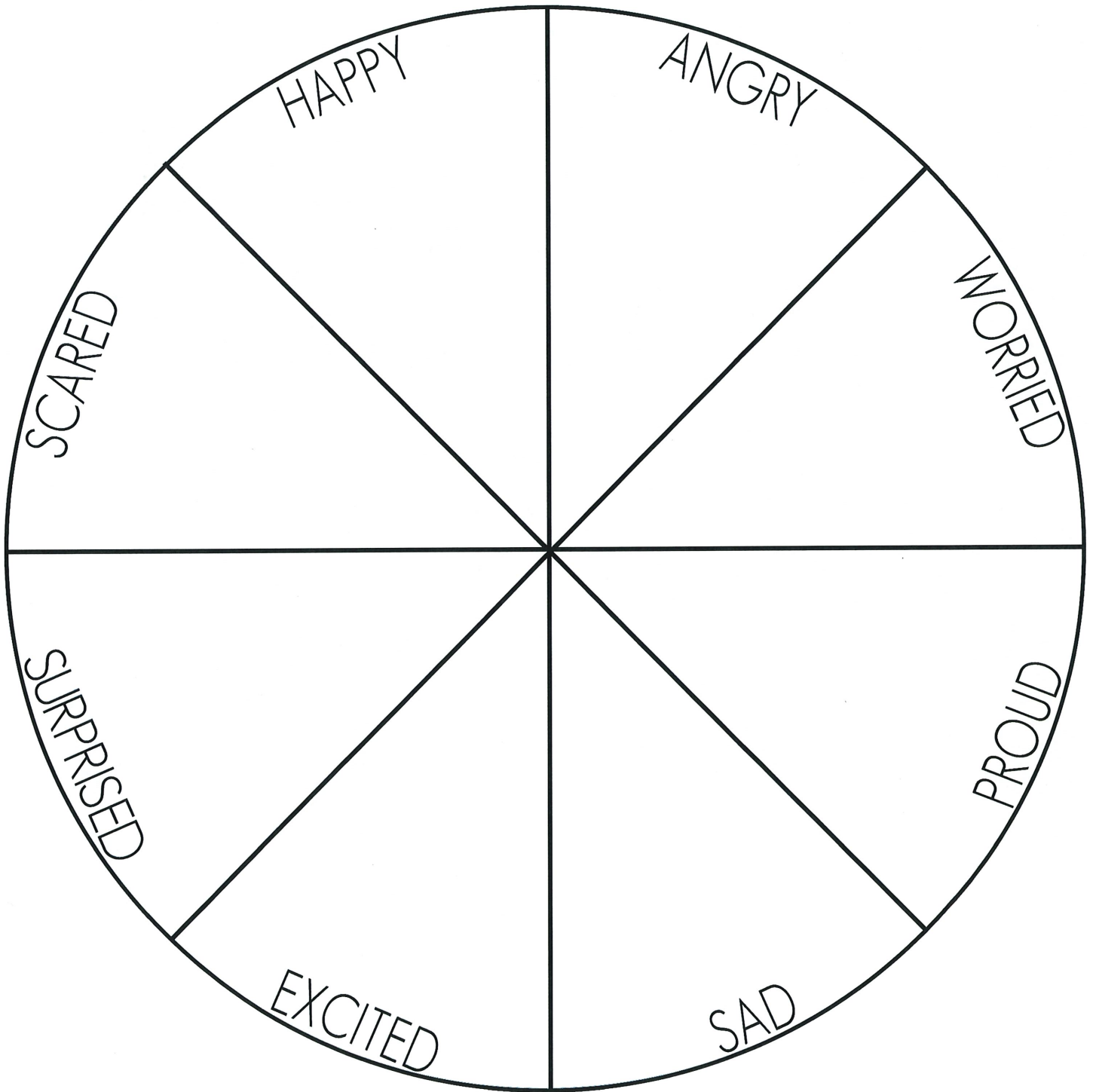
Fear of doing or saying the wrong thing can often keep people from comfortably engaging people with disabilities. A basic training on appropriate terminology and etiquette will empower your church family to confidently welcome and embrace people with disabilities.

EMOTION & FEELING WHEEL



Name _____

MY EMOTIONS WHEEL



5 Steps to Managing Big Emotions



9 CALM DOWN IDEAS FOR KIDS

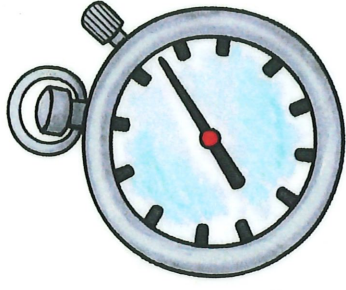
1. Go outside and kick a ball or run around.
2. Punch a pillow.
3. Listen to music or sing a song.
4. Close your eyes and think of a calm place.
5. Draw a picture.
6. Write a letter or a story.
7. Read a book.
8. Talk to someone.
9. Ask for a hug.



Managing Big Emotions with Childhood 101

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12 Ways to Help Build Self-Regulation



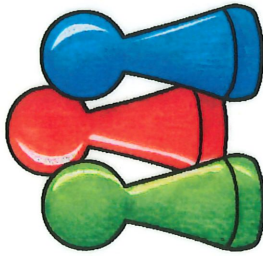
Practice mindfulness activities



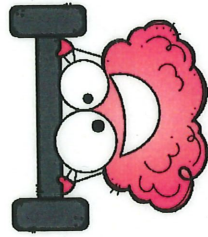
Practice breathing techniques



Give a daily emotion check-in



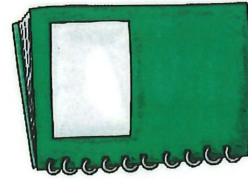
Play self-regulation games



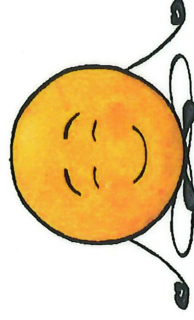
Give brain breaks between tasks



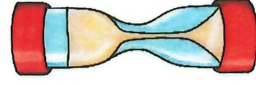
Practice coping strategies



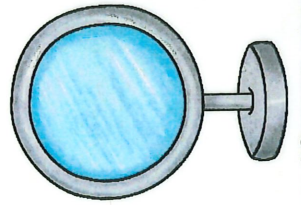
Create a share journal



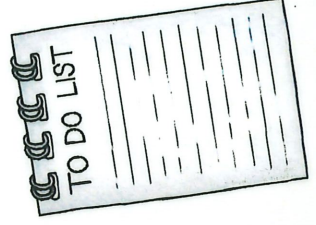
Create a calm down area



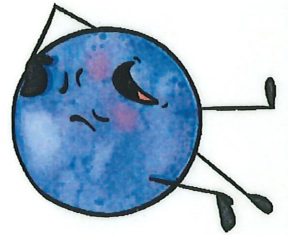
Practice wait time



Practice self-reflection



Develop and practice routines



Role play scenarios together