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

Positive Emotion
Go for a walk outside, read a book, exercise

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

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

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

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