

October Issue: Week Three

Monthly Breakdown

Week 1

The 'Where': Lead-o-meter

Week 2

The 'What': Self-Assessment Exercise

Week 3

The 'Why': Research, Science and Information

Week 4

The 'How': Building up your skill

Why does it matter?

"Any fool can know. The point is to understand." - Albert Einstein

Coping skills help you tolerate, minimize, and deal with stressful situations in your life.

Managing your stress well can:

- Help you feel better physically and psychologically, and
- Enable your ability to perform at your best.

The truth is: no matter how great your life may be, you will eventually deal with disappointments, setbacks, failures, and sometimes, even loss and trauma. Everyone must face difficult situations, and everyone must come up with effective ways to deal with and bounce back from these situations. This is why coping is a vital human behavior; one that is necessary for successfully navigating the challenging – and often murky – obstacle course that is life.

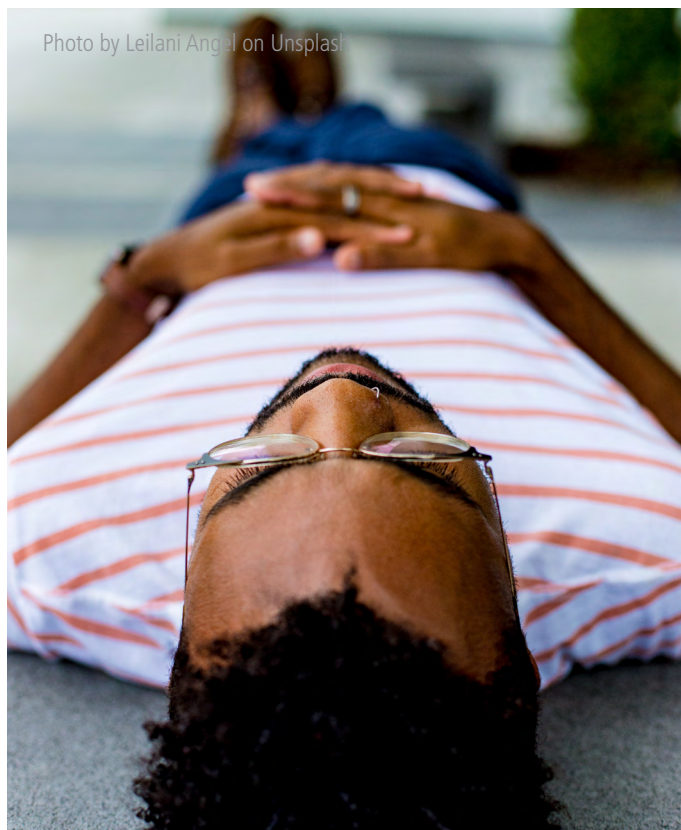
Why is coping a vital human behaviour?

1. Coping skills can be used to make our pain go away.
2. Humans are naturally programmed to avoid pain and seek pleasure.

Not all coping skills are created equal. Sometimes, it is tempting to engage in strategies that give quick relief but might create bigger problems down the road. For example, what we think and believe often becomes our reality.

People can get stuck in that reality, and then rely on and repeatedly practice poor coping skills. This cycle will then maintain that sense of reality and fester the pain, then the individual will not see a way out, as they do not know how to cope any other way.

Photo by Leilani Angel on Unsplash



The Coping Churn



Dr. Bill Howatt, in his book *The Coping Crisis*¹, calls this cycle or phenomenon the “Coping Churn”. He writes: “...the coping churn is like a digital loop that keeps playing over and over. A person caught in a coping churn has a thought that’s stuck; it keeps looping as the mind looks for a resolution... The ‘off’ switch is not evident and the churning can vary in intensity, duration and frequency. These variables are defined by a person’s coping skills.” He goes on to further explain:

“Without action and insight into the benefits of developing more effective coping skills, it is unlikely that [an individual in this cycle is] able to do anything differently, and [this] coping churn may never get resolved...Without developing new coping skills [one] can stay in the coping churn for years – or perhaps even for life.”

Therefore, it is important to establish healthy coping skills that will help reduce your emotional distress or rid yourself of the stressful situations you face.

Learn more about coping styles!

 One of the most important distinctions between coping styles is simply whether they are healthy or unhealthy. [Watch a quick video on just this topic!](#)

 For more information, take a look at this informative 10 minute read: [Healthy Coping Skills for Uncomfortable Emotions](#)

Next week: *How can I thrive?*

“Knowledge is of no value unless you put it into practice!” – Anton Chekhov

 **Have you completed the lead-o-meter survey from Week One?** We’ll be sharing the anonymous answers next week!

Complete this month’s
Lead-o-meter!

Sources:

¹ Dr. Bill Howatt, *The Coping Crisis* (2015)



Curious about a certain topic?

We welcome your feedback and suggestions.
[Please let us know!](#)



bcpvpa.bc.ca/recharge