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STEPIN:

Supporting Parents to Deal with the Excessive Online Time and Habits of Their Children

"Technology is best when it brings people together."
Matt Mullenweg

Module 5:

Coping Skills

Developed by:

Nottingham Trent University

KA205- Strategic Partnerships for Adults
Project No: 2020-1-DE02-KA204-007452

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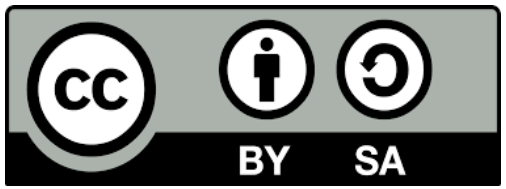

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Key Symbols

	Tips
	Questions
	Extra Resources

Module Description

This module provides information about **coping skills** and coping strategies that can be used to cope with everyday problems by both parents as well as their children.

It aims to highlight the importance of *coping skills* in a child's daily life and will cover the following:

- Coping strategies
- Emotion-focused coping
- Strengthening positive interactions
- Problem-focused coping
- Dysfunctional coping

Coping Strategies

Coping skills are important for individuals to be able to deal with everyday life and to increase their resilience in the face of stress.

Research indicates that there are functional and dysfunctional ways of coping. Functional ways of coping allow individuals to approach life stress actively.

Dysfunctional ways of coping may offer an escape from life stresses in a passive manner.

Emotion-focused coping

Emotion-focused coping refers to actions aimed to prevent, minimize, or reduce the emotional strain caused by the stressful situation.

Strategies include the following:

- Acceptance
  Acceptance is acknowledging that something is what it is. It has happened and I cannot change it.
- Emotional social support
  Talking about your problems with family and friends will support your mental health and wellbeing.
- Humour
  Develop sense of humour in the face of life's problems to decrease their emotional weight.
- Positive reframing
  Try and view your situation from a different perspective. What is the silver lining?
- Religion
  Turn to religion for support and guidance.

Emotional social support

- Family and friends are often the first to recognise there is a problem.
- They can make individuals aware of the negative consequences of their behaviour.
- Family conflicts should be avoided.
- Include discussions on drifting apart from others, accusations, mistrust, lack of emotional closeness, increasing understanding for each other.

Strengthening positive interactions

You can strengthen positive interactions by:

- Paying compliments
- Expressing positive emotions
- Giving a treat
- Planning joint activities

→ This will increase your feelings of attachment and understanding!

Problem-focused coping

Problem-focused coping addresses the sources of stress practically.

Specific strategies include the following:

- Active coping

  Become aware of what is creating your stress, and then try and reduce its negative outcome.

- Instrumental support

  Obtain support from others in a practical way, such as ask a friend to help with a task you find difficult.

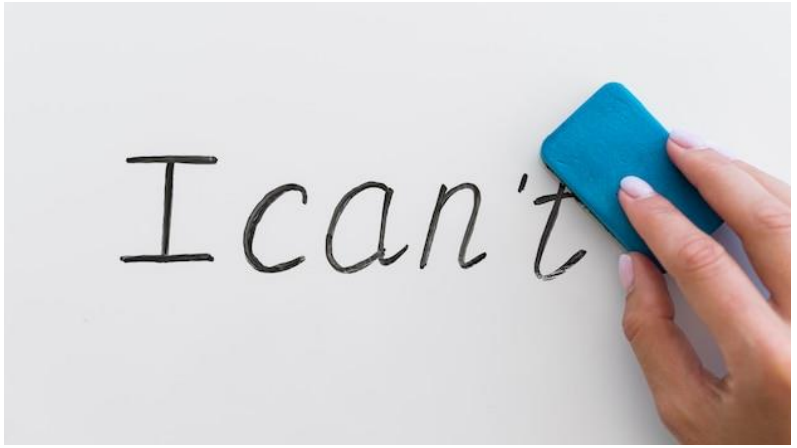
- Planning

  Think about potential hurdles to your problem-solving and tackle them head on.

Dysfunctional coping

There are a number of coping strategies which are not beneficial in targeting the problems effectively.

These strategies include the following:



- Distraction
  Coping without directly confronting the stressor.
- Denial
  Denying that the problem exists.
- Self-blame
  Blaming yourself for the problem.
- Substance use
  Using alcohol and drugs to avoid dealing with the stressful situation.
- Venting
  Complaining about the problematic situation.
- Behavioural disengagement
  Giving up solving the problem.
- Media-focused coping
  Coping with problems by using technology (such as games, social media)

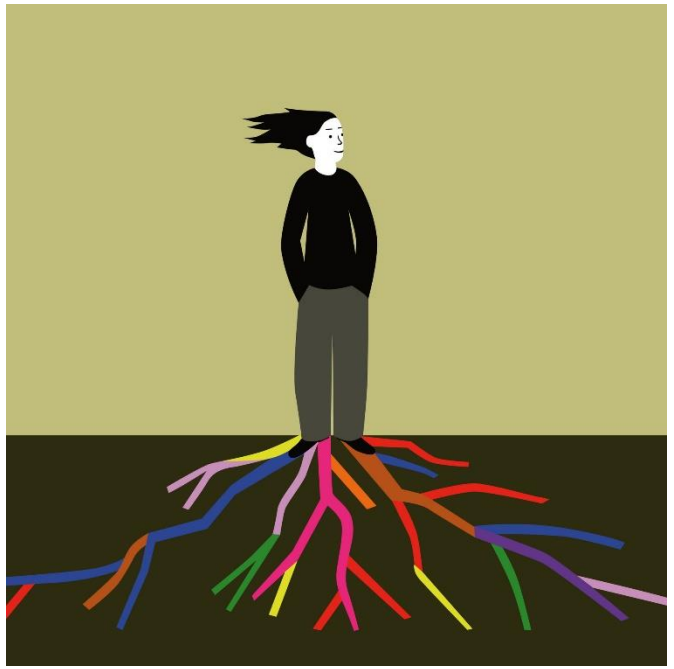
Recommendations

Coping strategies are tools that can be used to deal with difficult life situations. There are a number of strategies that can be used which will effectively help coping with life's problems. These include:

- Emotion-focused coping
- Problem-focused coping

Less effective and potentially problematic strategies include dysfunctional coping. Media-focused coping is one of those.

We encourage the dysfunctional coping strategies be replaced with emotion-focused or problem-focused coping strategies. The more these functional strategies are being applied, the less reliance will there be on the dysfunctional ones, including technology-related coping.



Recommendations

There are different coping skills which can help you and your child to face stressful situations!

Which coping strategies can you use to deal with and support your child?

Watch the following videos to better understand coping skills and to have examples of how to build resilience:

https://www.youtube.com/watch?v=gaKrutVZ-Xk Finding your coping mechanism

https://www.youtube.com/watch?v=lfBpsV1Hwqs The game that can give you 10 extra years of life

Summary

Coping strategies are tools that can be used to deal with difficult life situations. There are a number of strategies that can be used which will effectively help coping with life's problems. These include:

- Emotion-focused coping
- Problem-focused coping

We encourage using these strategies when you are faced with stressful situations.

References

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Thank you

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