



# Positive and Negative Coping

Using the C-O-P-E Method

There are  
positive  
methods of  
coping with  
stress . . .



... and there  
are negative  
ways to cope  
with stress.



## How to C-O-P-E

**C = Change how you think about the stressor.**

Stress Example:

Emma missed her ride and must walk to school.

Positive Coping:

Change thought process to, “I really need the exercise anyway, and I can think about the report that’s due as I’m walking.”

## How to C-O-P-E

**O = Organize with attention to time management.**

Stress Example: Planning a service learning project seems overwhelming.

Positive Coping: “I can break this down into smaller tasks and enlist others to help.”

# How to C-O-P-E

**P = Practice relaxation techniques.**

Stress Example:

Pressure to perform well on end-of-course math exam.

Positive Coping:

Just before the test, practice muscular relaxation and deep breathing.

# How to C-O-P-E

**E = Emotions can be managed.**

Stress Example:

Your best friend since third grade is moving to another state.

Positive Coping:

Deciding it's okay to be sad, having a farewell party to say goodbye, and planning to stay in touch via email.

# Putting It to Practice

**Use the C-O-P-E method to practice for these stressors:**

- Being scolded for not finishing homework
- Thinking your neighborhood's not safe
- Wondering if you have the right outfit for a party
- Not getting enough sleep before a big game
- Being yelled at by older sister for being in the bathroom