

COPING SKILLS

FOR COLLEGE STUDENTS

TIPS:

WHAT ARE THEY?

Coping Skills, or coping mechanisms, are the tools an individual uses to deal with stress inducing situations that may help them to take action, face the situation, or problem solve (National Cancer Institute, n.d.).

1 AVOID UNHEALTHY STRATEGIES

Unhealthy coping skills that college students tend to engage in include denial, substance use, withdrawal, disengagement, and self-blame (Sajid et al., 2017). Unhealthy coping mechanisms may reduce stress short-term, but not long-term creating a repetitive cycle of seeking short-term solutions over and over for a long-term issue (Thompson et al., 2022).

3 USE SOCIAL SUPPORT

To be most successful in college, it is important to establish and develop strong friendships and connect with your peers on campus (Alkhaldeh et al., 2023; Jarboe, 2021).

2 USE ACTIVE & PROBLEM SOLVING STRATEGIES

Using active coping strategies, such as problem-solving, planning, being proactive when stressful situations occur, or reframing the situation, can help college students to lessen the duration and intensity of stress (Thompson et al., 2022). Using problem-solving specifically to cope can protect mental health and support well-being. Problem-solving encompasses identifying problems, creating a solution, all the way through evaluating the outcomes after (Shewchuk et al., 2000).

4 GET MORE "GREEN TIME" & LESS "SCREEN TIME"

Being outside or getting "green time" can help to reduce stress, anxiety and depression which are common mental health conditions impacting college students (Browning et al., 2021; Trevino et al., 2022). It is common for college students to distract themselves from stressors by checking social media or watching online videos. This is harmful because excessive screen time can negatively impact mental health (Twenge et al., 2020).