

ProTalk

Discussion Files

afaq

Language Center

C2. Coping mechanisms

Afaq Language Center

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Goals

- Can understand and recall some more advanced vocabulary related to mindfulness and coping mechanisms .
- Can maintain an in-depth discussion on self-help and explain how some coping mechanisms can be destructive.



What do you think?

Everyone has different methods of **coping** when the world becomes too much.

How we deal with the stress in our lives is fundamental to our **wellbeing**.

Mindfulness and **awareness** exercises can be extremely beneficial to clear the mind.

Stress

How do you cope with stress?
Talk to your teacher about what the word ‘stress’ means to you.



Talk to your teacher

How we manage and deal with our levels of stress has a direct bearing on our health and wellbeing.

Talk about each of the coping strategies below with your teacher.

denial

going for a run

watching TV

meditation

coping mechanism

A **coping mechanism** is the way in which an individual deals with stress or difficulty in his or her life. There are many different kinds of **coping mechanisms** and they are specific to each person. What works for one person might not work for another.



Playing guitar is my favourite way of staying calm. It's the best **coping mechanism** I've found so far!

Read the text and summarize it.

Coping mechanisms



In the complexity of our modern lives it is not always easy to cope with the tension and stress we are faced with. Humans, with our complex behaviour, handle the anxiety by utilising a range of coping mechanisms. Coping methods can be divided into strategies which are healthy for us in the long term, and those that are not. Destructive methods, while **relieving** stress at the time, can end up creating their own harmful problems later on. Positive choices about how to manage stress can **diminish** hardship and **enhance** one's quality of life.

Read the text and summarize it.

Coping mechanisms

Our approach to dealing with stress in our lives plays a large part in shaping who we become. **Negotiating** a difficult period in our life constructively can strengthen our character and help us grow in maturity. **Conversely**, engaging in destructive coping mechanisms can cripple personal development and complicate our personal and emotional issues.

Read the text and summarize it.

Coping mechanisms



The act of sitting quietly and focusing on your natural breathing can allow your thoughts to settle and wipe away stress and unease. Meditation has been widely practised for thousands of years and opens the door to deeper relaxation and **tranquility**. Practised effectively, it can clear the **tangle** of thoughts racing through your mind and **foster** greater levels of attention. Reducing negative emotions in this way is an extremely positive way to cope with periods of stress and contribute to a calm, clear and balanced state of mind.

Do you know these words from the text? Discuss the meanings with your teacher and use each in a sentence.

to diminish	Something reducing or being reduced in size or significance.
to negotiate	Besides meaning to discuss and reach an agreement with someone, the verb **to negotiate** can also refer to dealing with a problem or finding one's way through a difficult route, like a maze or path full of obstacles.
to enhance	**Enhancing** something means to improve it, or make it bigger or better in some way.
to foster	**Fostering** something means encouraging its growth or development.

Do you know these words from the text? Discuss the meanings with your teacher and use each in a sentence.

conversely	Lee would prefer not to work at all, but **conversely,** does quite enjoy his job!	
tangle	Why is it that wires always get into such a **tangle**?	
tranquility	She put a huge effort into cultivating an atmosphere of **tranquility**.	
to relieve	Drinking lots of water will usually **relieve** a bad headache.	

mindfulness

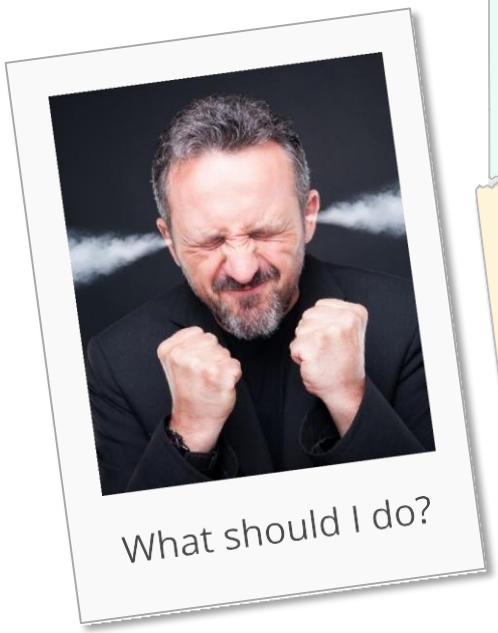
Mindfulness is a practice that brings complete **psychological awareness** to the present moment. It has been found to improve both mental and physical health.



Josie got home after a long day and decided to practise her **mindfulness** exercises.

Ranking activity

Rank the coping mechanisms below from positive to negative. Talk to your teacher about some of your choices.



Distancing yourself from others

Going on a bike ride

Working harder

Going to sleep

Baking a cake

Going to the gym

Blaming others

Denying there is a problem at all

Listening to sad music

Doing nothing

Drinking coffee

Getting a massage

Learning a foreign language

Shopping

Playing video games

Eating excessively

Vocabulary

What were these phrases referring to in the article?

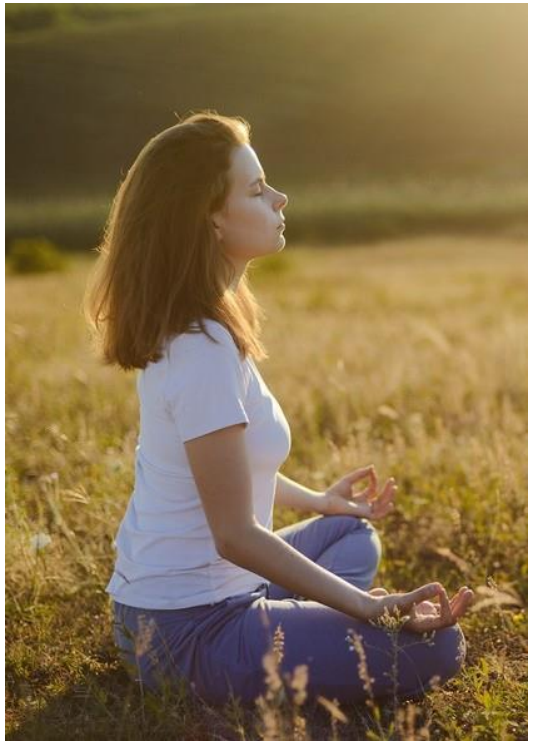
1. ...it is not always easy to cope with the tension and stress we are faced with.
2. ...end up creating their own harmful problems later on.
3. ...contribute to a calm, clear and balanced state of mind.
4. ...strengthen our character and help us grow in maturity.
5. ...strategies which are healthy for us in the long term, and those that are not.
6. ...cripple personal development and complicate our personal and emotional issues.
7. ...clear the tangle of thoughts racing through your mind and foster greater levels of attention.



Meditation

“The act of sitting quietly and focusing on your natural breathing can allow your thoughts to settle.”

What possible benefits could someone gain from regular meditation? Discuss with the teacher.



increased attention span

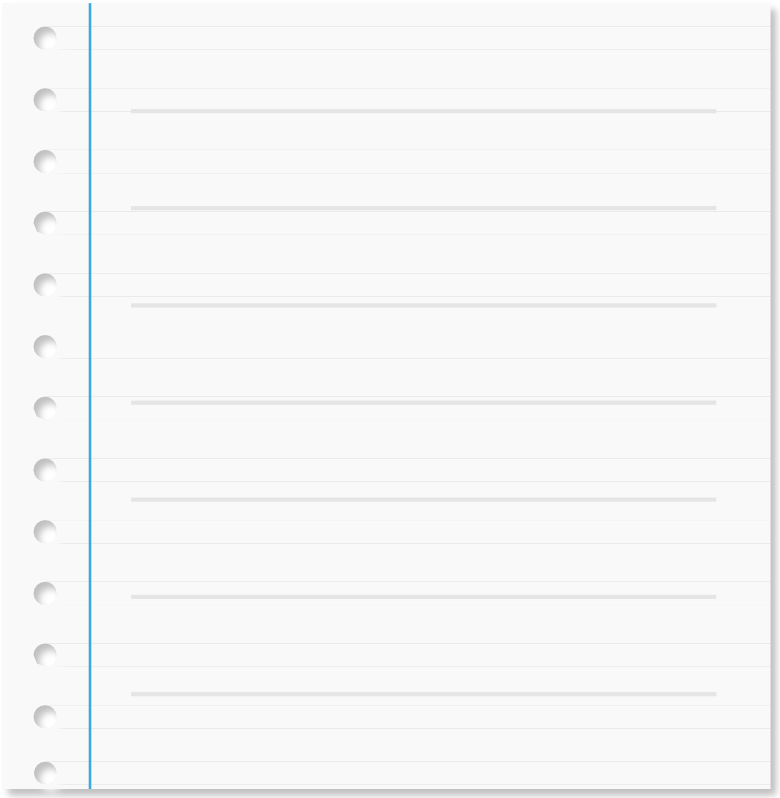
stronger relationships

lower stress

greater awareness

List

What do you know about meditation?
Brainstorm a list of things you know about the practice.







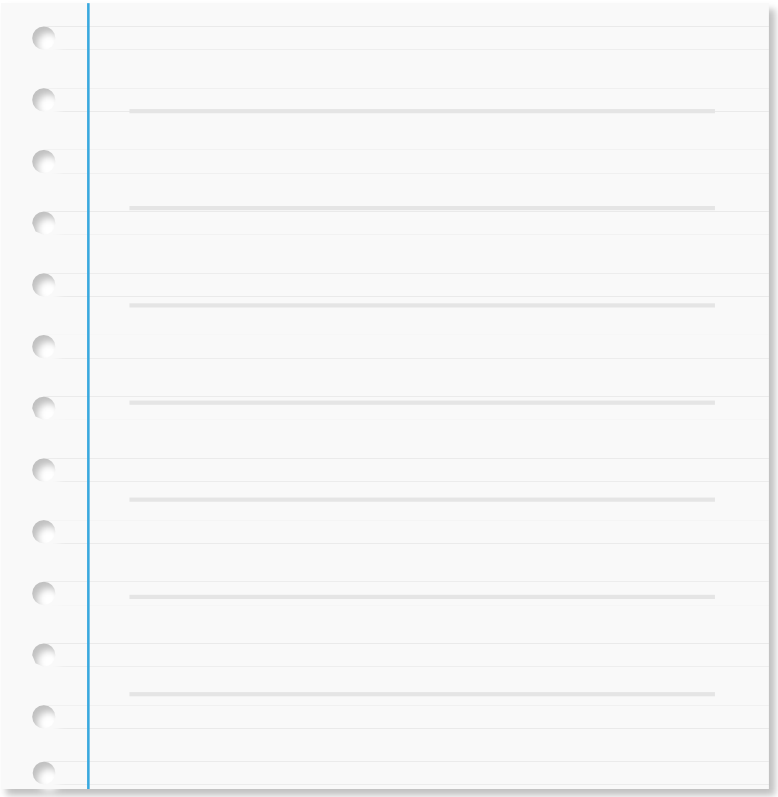
Meditation

Good morning! After waking this morning you decided to try meditating for 15 minutes, in lieu of your morning coffee. Describe how you feel to the teacher.

Immediately after waking up I...

One of the first

Now the day is finished I...



Solutions to stress

Write a list about the things in your life which can make you feel stressed.

Talk to the teacher about possible solutions to each of these sources of negativity.

Causes of stress	Possible solutions

What makes you feel great?



Wh-cleft review

We can invert sentences using the **what-cleft** to help us write sentences giving advice.



What you can do is be more open about your feelings with each other.

What can you do?

Give each of the people below advice about how they can cope with stress in a more positive way. Try to use the wh-cleft sentence inversion to introduce your sentences.









Psychologist's advice

You are a psychologist. One of your patients – your teacher – has come to you for some advice. They are very stressed about work and are looking for ways to cope with their workload.

Give your teacher some good advice about how to cope with their problem in a healthy and positive way!



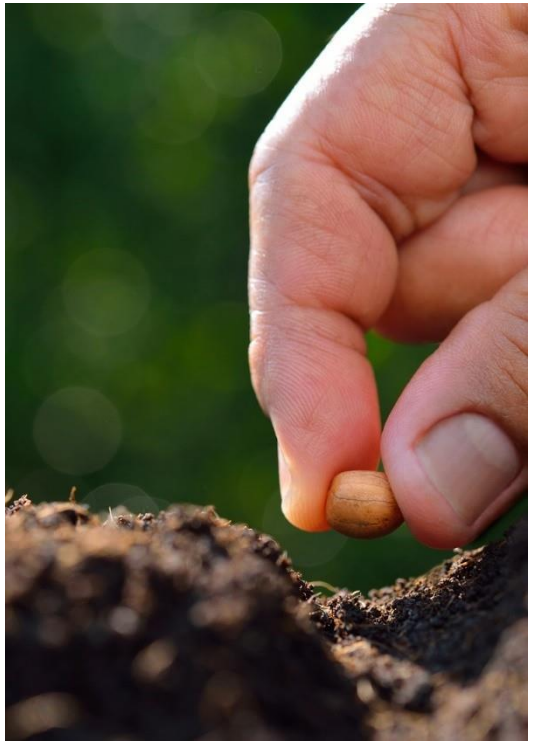
Let's discuss some of your coping mechanisms...

What you can do is...

I would recommend trying...

Talk to your teacher

What are some techniques you can use to promote mindfulness in your life?



Discuss each of the methods below

Meditation

Exercise

Go for a walk and notice the sights and smells around you

Listen to your body

Warm down

What have you learned about coping mechanisms and self-care after this lesson?

Are there any habits or practices you think you will alter? Why?

Presentation

Guide to greater mindfulness

Mindfulness can help to improve our wellbeing by...

There are many ways to practise mindfulness...

You have decided to run a local seminar to increase local awareness of mindfulness in the community.

Prepare a two-minute presentation.

Include several reasons to support your point of view.

Give your presentation to the class. Answer questions and get feedback.