



Workshops:

Trobak Holistic Counselling offers a variety of workshops for communities, businesses and service providers. For more information on workshops please contact Sabrina Trobak at strobak.thc@gmail.com

WEBSITE

Check out our website at www.trobakholisticcounselling.ca

RESOURCES

Coping strategies used to the extreme can create addictions. Some resources for addictions:

BC Alcohol and Drug Referral line:
1800 663 1441

Adult Addictions Program in FSJ
250 263 6080

Health Link Dial 811

Mental Health Support Line
310 6789 (no area code needed)

HereToHelp.bc.ca

Kelty Resource Centre
1800 665 1822

Coping Strategies

Anything a person does is a coping strategy. There are healthy coping strategies, neutral coping strategies and unhealthy coping strategies. Coping strategies provide a way for us to do just that, cope. Coping strategies are distractions, something we do to help us sort through something, distract from something, avoid something or take a break.

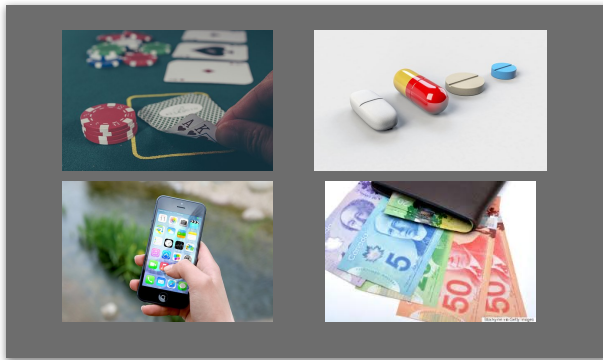
Coping Strategies and Core Belief

In the previous newsletter we discussed a person's core belief. If a person's core belief is not good enough, not important, not valued, unloved, he/she is going to gravitate to coping strategies that support that core belief. The core belief of not good enough, not important, not valued, unloved is going to create unhealthy coping strategies. However if the core belief is good enough, important, valued and loved, the person will typically use more healthy coping strategies.

This makes stopping coping strategies much more challenging because they will reflect the core belief. So if a person stops smoking (coping strategy) there is a high chance it will be replaced with another unhealthy coping strategy, a common one that replaces smoking is eating.

It is also common for people who stop drinking alcohol to start gambling. Drinking and smoking are unhealthy coping strategies. When a person stops using one it is replaced with another unhealthy coping strategy.





Common Coping strategies

There are many, many coping strategies. Here is a list of some common ones.

alcohol	cigarettes	marijuana
anger	spending money	reading
sleeping	eating too much	coffee
control	eating too little	self harming
giving up	laziness	exercise
procrastinate	suicidal thoughts	socializing
movies	music	gaming
facebook	gambling	working
partying	driving	fidgeting
TV/online	stealing	lying
social media	porn	cell phone
avoiding	cleaning	organizing
journaling	breathing	twisting hair
chaos	unhealthy relationships	

Coping Strategies are Necessary

Coping strategies are necessary. They help us cope with things and take a break from all that is happening around us. We need to be able to shut off our brain for a bit and not think about all the things happening around us. The more healthy the coping strategy the better.

It is also important to make sure that once we use a coping strategy, we go back and sort through the stuff we needed to take a break from.

How Coping Strategies are used.

While some coping strategies are always unhealthy (cocaine, heroin, stealing etc), for many coping strategies, it's more about how the coping strategies are used that decide if the coping strategy is healthy or unhealthy.

Reading, for example, is often thought of as a healthy coping strategy, but not always. If a person is reading 8-10 hours a day and prefers living in the fantasy world of books to real life, then reading isn't a healthy coping strategy.

This is similar with exercise, it is often considered a healthy coping strategy. However, if a person is exercising many hours a day and avoids life by exercising, it isn't a healthy coping strategy.

Similarly, alcohol is often considered an unhealthy coping strategy but if it is a drink or two every now and then, it can be a more healthy coping strategy.

Gaming is also considered an unhealthy coping strategy but if a person is playing video games for a couple hours every now and then and is still getting out and doing things and socializing it can be a healthy coping strategy.

They Key

The key to figuring out if a coping strategy is healthy or not, is looking at the intensity of how it is used. If it used to the extreme, it is likely more unhealthy. If it is used in moderation and there is a balance, it is likely more of a healthy coping strategy.

When the coping strategies are more extreme, this is when they can become addictions. Any of the coping strategies can become an addiction if they are used in a more extreme or obsessive way.

Addictions are very challenging to break and often professional support can be beneficial in learning to manage the addictions.