



Healthy and Adaptive Coping: How to Manage Life's Stressors, Anxiety, and Trauma

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Learn More About Ashley

- ▶ Ashley Hutchinson works for Talk Therapy Center, a specialty trauma psychotherapy practice, in Riverside California, as a clinical therapist and as the Director of Marketing and Networking. As an educator and presenter on mental health topics, Ashley has earned a reputation for being sought out across a diverse spectrum of organizations such as by school districts, elected officials, local government agencies, hospitals, at large conferences, and national mental health organizations. Ashley is proud to report that along with being a Loma Linda University School of Behavioral Health alumna, she is also the recipient of the National Infantry Association's Shield of Sparta and the Yellow Rose of the State of Texas Awards for Women. These accolades were bestowed upon Ashley due to her dedication to military families. Ashley is the proud wife of a combat veteran, a mother to a beautiful daughter, the older sister of a teacher, and a Girl Scout volunteer.

Adaptive vs Maladaptive Coping

- ▶ Many of us use judgmental language that leads to feeling shame, self scorn, and feelings of low self worth in describing behaviors we engage in to manage our emotions.
- ▶ Instead of using subjective words like “good” or “bad” to describe our behaviors, using words like “adaptive” and “maladaptive” may aid in increasing our ability to objectively describe behaviors without judgment.
- ▶ Adaptive coping is healthy and positive behavior, however, often takes more work to use properly. Maladaptive coping is unhealthy and negative behavior that often works quickly to numb or regulate emotions until these unhealthy behaviors abruptly stop working.

Adaptive Coping Examples

- ▶ Therapy
- ▶ Exercise
- ▶ Journaling
- ▶ Assertive Communication
- ▶ Healthy Relationships
- ▶ Finding Joy Daily
- ▶ Eating Nourishing Food
- ▶ Relaxation
- ▶ Spirituality

Maladaptive Coping Examples

- ▶ Substance Abuse
- ▶ Social Isolation
- ▶ Over or Under Sleeping
- ▶ Addictive Compulsive Behaviors
 - ▶ Gambling
 - ▶ Risky Sex
 - ▶ Disordered Eating
 - ▶ Shopping
 - ▶ Self Injurious Behaviors
 - ▶ Video Game Playing
 - ▶ Electronic Use

#	Adult life events	Score
1	Death of spouse	100
2	Divorce	73
3	Marital separation	65
4	Prison sentence	63
5	Death of an immediate family member	63
6	Personal injury or illness	53
7	Getting married	50
8	Dismissed from job	47
9	Marital reconciliation	45
10	Retirement	45
11	Change in health of family member	44
12	Pregnancy	40
13	Sexual difficulties	39
14	Gaining a new family member	39
15	Business readjustment	39
16	Change in financial state (debts)	38
17	Death of a dear friend	37
18	Change to a different line of work	36
19	Change in frequency of arguments	35
20	Major mortgage	32
21	Foreclosure of mortgage or loan	30
22	Change in responsibilities at work	29

#	Adult life events	Score
23	Child leaving home	29
24	Trouble with in-laws	29
25	Outstanding personal achievement	28
26	Spouse starts or stops work	26
27	Starting or ending school	26
28	Change in living conditions	25
29	Revision of personal habits	24
30	Trouble with boss	23
31	Change in working hours or conditions	20
32	Change in residence	20
33	Change in schools	20
34	Change in recreation	19
35	Change in church activities	19
36	Change in social activities	18
37	Minor mortgage or loan	17
38	Change in sleeping habits	16
39	Change in number of family reunions	15
40	Change in eating habits	15
41	Trips	13
42	Major holiday	12
43	Minor violation of law	11

Major Adult Stressors

COVID-19 Related Stress

- ▶ According to research conducted by the American Psychological Association, Americans are currently experiencing significant increases in stress related to the economy, work, and job changes since the start of the COVID-19 pandemic.
- ▶ 81 percent of Americans surveyed by the APA over the past year reported “significant stressors” related to the pandemic were impacting American adults and their ability to stay positive about current events impacting their day to day lives.

APA Tips to Manage Stress



Take a break
from the news
and social media



Find **three good things** that
happened to
you each day



Practice **self-care**
in 15- or 30-minute
increments
throughout the day



Stay connected
with friends
and family



Keep things
in **perspective**

Creating Adaptive Coping Plans

- ▶ How do you cope adaptively?
- ▶ How can you keep yourself accountable to these adaptive coping skills?
- ▶ What are your own personal warning signs that you are learning towards maladaptive coping to manage your life?
- ▶ What stress symptoms do you feel regularly?
- ▶ Are you sleeping well?

Resources

- ▶ Calm App
- ▶ Headspace App
- ▶ Psychology Today
- ▶ Employee Assistance Programs
- ▶ Local National Alliance on Mental Illness Chapters
- ▶ American Foundation for Suicide Prevention Chapters
- ▶ ResilientEducator.com
- ▶ National Suicide Prevention Lifeline 1-800-273-8255
- ▶ National Council for Mental Wellbeing

How to Contact Ashley

Please feel free to reach out with any questions you might have on how to find additional resources or information on healthy coping.

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