

# COPING SKILLS FOR TEENS & YOUNG ADULTS



## SCHOOL, COLLEGE, OR WORK STRESS

- Deadlines can freeze you.
- Pick one action to control.
- Put your phone in another room.
- Break the task into one small piece.
- Ask what needs attention first.

## FRIENDSHIP AND RELATIONSHIP PROBLEMS

- Conflict is overwhelming.
- Wait before sending a heated text.
- Talk it through with a trusted friend.
- Write down what you feel (even if only for you).
- Setting distance is a boundary. Boundaries are coping skills.

Draft:  
Conflict is overwhelming.  
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## SOCIAL MEDIA & DIGITAL OVERLOAD

- This is not about willpower.
- Turn off non-essential notifications.
- Leave your phone in a different room.
- Switch to something non-digital (like a short walk).
- Give your nervous system a break.

## UNCERTAINTY ABOUT THE FUTURE

- A five-year plan isn't necessary.
- Focus only on the next *one* decision.
- Journal to sort worries vs. facts.
- Paper separates tangled thoughts.



## WHEN YOU DON'T WANT TO TALK

- Music. Drawing. Movement.
- A grounding exercise or writing.
- These don't need anyone else to work.

