

COPING MECHANISMS: ARE THEY HELPING OR HURTING YOU

COPING MECHANISMS AND HOW THEY IMPACT US.

"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

John 14:27

Coping Mechanisms are the strategies people often use in the face of stress and trauma to help manage painful or difficult emotions.

What are some coping mechanisms you have used in the past?

ARE YOUR COPING MECHANISMS HELPING OR HURTING YOU

- We can choose coping mechanisms that benefit us and encourage us to persevere, grow and learn in the face of trials
- Or we can choose coping mechanisms that harm us and keep us from dealing with the deeper issues in our lives.

How are you coping with your current life struggles?

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

Matthew 11:28-30

Common Negative Coping Mechanisms

- Avoidance
- Blaming Others
- Medicating
- Addictions

Head in the sand

Avoiding our current realities never make them go away. In fact it only stops us from processing them and being able to move through them to the other side.

Recall a time in your life when you avoided a problem rather than face it.

Blaming Others

We can sometimes feel that others are the cause of our pain and distress. While their actions may have caused us pain it is up to us how we process what is happening in our lives. Blaming others will only keep you stuck and not moving forward.

Recall a time in your life when you blamed someone else for what was happening in your life.

Do you medicate to escape?

She took each pill to escape what her life had become until she became numb.

Numbing the pain for awhile makes it worse when you finally feel it.

When have you used medication to numb pain? How did it feel when the medication wore off?

Addiction Definition

(Merriam Webster online dictionary)

a compulsive, chronic, physiological or psychological need for a habit-forming substance, behavior, or activity having harmful physical, psychological, or social effects and typically causing well-defined symptoms (such as anxiety, irritability, tremors, or nausea) upon withdrawal or abstinence

Are you Addicted?

Are there some addictive behaviours that you are doing in your life so you can numb your pain or COPE?

You may not realize you have an addiction because it is not related to drugs or alcohol but anything you use repeatedly to cope with the stress or pain in your life is an addiction and will need to be addressed.

Addictive Behaviours

- Drugs
- Alcohol
- Gambling
- Shopping
- Perfectionism
- Workaholic
- Pornography
- Sexual Addiction
- Physical harming
- Eating disorders
- Excessive exercise
- Video games
- Binge watching tv, or online entertainment
- Medications

Now may the Lord of peace himself give you his peace at all times and in every situation. The Lord be with you all.

2 Thessalonians 3:16

Positive ways of Coping

- Confront or face what is happening in your life
- Take Responsibility
- Allow yourself to feel (counselling, mentoring, talking with a trusted friend)
- Accept where you are at
- Faith, Let God show you his purpose
- Self Care- Knowing your limits and taking time for rest.

What are some other positive ways of coping?

I'm going to lean in and feel it all. - Bene Brown

Ladder of Accountability

Make it Happen

Find Solutions

Take Responsibility

Acknowledge Reality

Wait & Hope

Make Excuses / "I can't"

Blame Others

Unaware

How would you transition from the bottom of the ladder to the top?

Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.

Psalm 23:4

Activation

EVALUATE WHERE YOU ARE AT

What life circumstances are you coping with right now?

How are you dealing with them?

Are your coping mechanisms helping or hurting you?

Are you using any negative coping mechanisms, how are they impacting you?

Brainstorm ways how you can choose Good coping strategies for moving through these struggles.

- Confront or face what is happening in your life
- Take Responsibility
- Allow yourself to feel (counselling, mentoring, talking with a trusted friend)
- Accept where you are at
- Faith, Let God show you his purpose

Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

James 1:2-4

4 Keys to Remember

- 01 WE ALL COPE WITH CIRCUMSTANCES AND STRESSES IN OUR LIVES, HOW WE COPE IS WHAT WILL DETERMINE OUR FUTURE.
- 02 FACING YOUR STRUGGLES AND ALLOWING YOURSELF PERMISSION TO FEEL YOUR WAY THROUGH IT IS A KEY TO SUCCESSFULLY WALKING THROUGH THEM.
- 03 ANYTHING HABITUAL BEHAVIOUR YOU DO TO COPE IS AN ADDICTION. ACKNOWLEDGING THESE AREAS IN YOUR LIFE WILL BE NECESSARY TO MAKE THE CHANGES NECESSARY.
- 04 YOU DO NOT HAVE TO JOURNEY ALONE. GOD KNOWS EVERYTHING YOU ARE GOING THROUGH AND HE OFFERS YOU THE SUPPORT, ENCOURAGEMENT AND WISDOM YOU NEED TO MOVE THROUGH THEM.

COURAGE IS NOT THE ABSENCE OF FEAR BUT
MOVING THROUGH YOUR TRIALS IN THE FACE OF
FEAR!

Don't be afraid, for I am with you.
Don't be discouraged, for I am your God.
I will strengthen you and help you.
I will hold you up with my victorious right hand.

Isaiah 41:10