

Healthy Coping Skills

Maternal Depression Group





What is a healthy coping skill?

- “The methods a person uses to deal with stressful situations. These may help a person face a situation, take action, and be flexible and persistent in solving problems.”

(National Cancer Institute, n.d.)



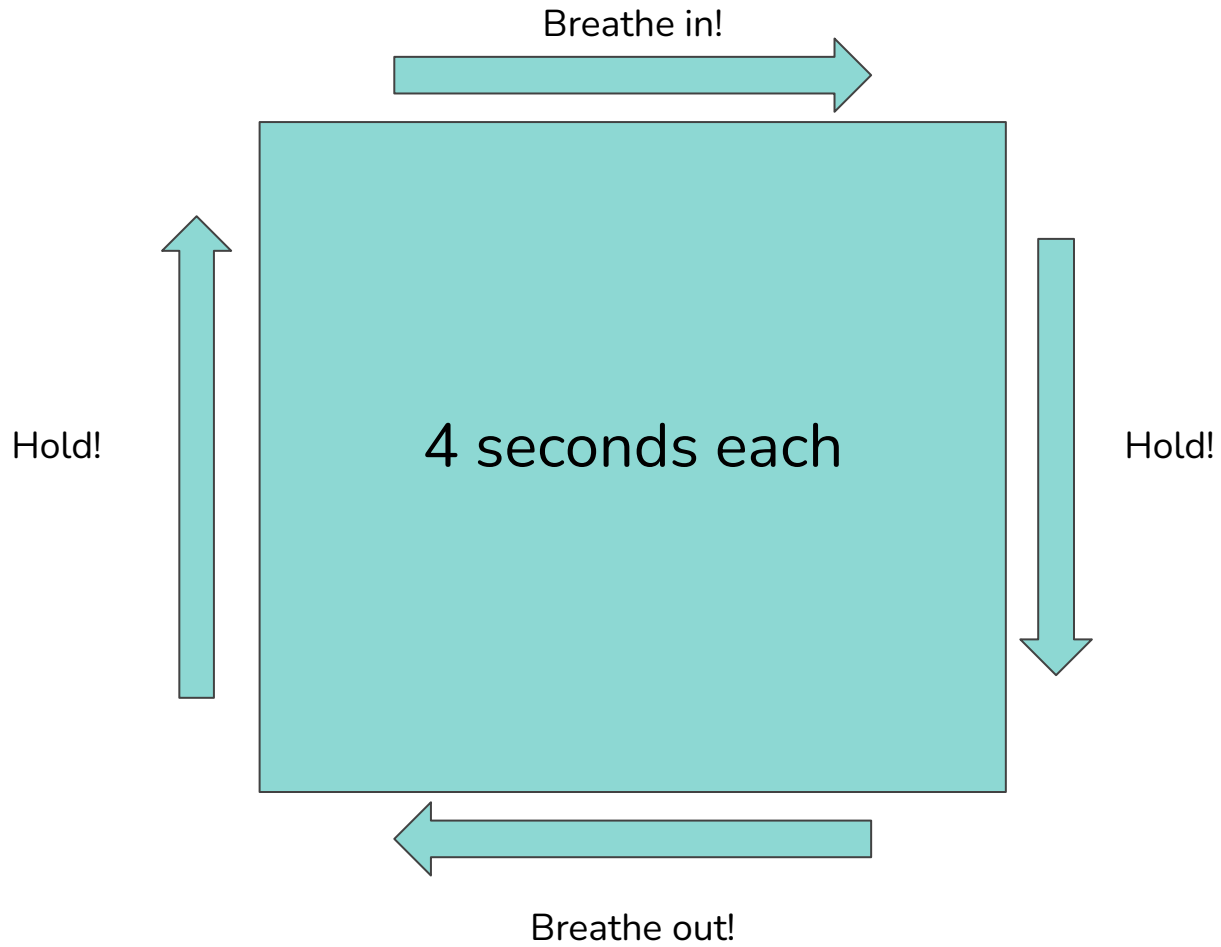
Healthy coping skills for maternal depression

- Exercise when possible
- Maintain a healthy diet
- Practice self-care
- Meditate
- Deep breathing exercises
- Journal



Let's practice coping skills!

- Discuss with a partner what coping skill you think would benefit you the most and why.
- As a group, we will practice the box breathing technique to help ground us.





References

NCI Dictionary of Cancer terms. National Cancer Institute. (n.d.). Retrieved from <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/coping-skills>