
Creative Interventions and Activities Clearinghouse

Stressful Situation Savers: Experiential Group Activity for Identifying Positive Coping Skills

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Purpose:

The purpose of this creative intervention is to identify positive coping skills.

Materials Needed:

Sheets of colorful paper, markers, tape

Procedures:

Each group member has a turn to identify a positive coping skill aloud. Each coping skill must be unique and positive. After identifying a coping skill, the group member chooses a color of paper that corresponds with the skill and write the word(s) on it in large writing. Once each member has a skill written on paper, the group leader asks each individual to tape his or her skills some place in the room. The group stands in the middle of the room and the leader announces a stressful scenario that group members can relate to (e.g., your parents are fighting again, your girl/boyfriend broke up with you). Group members move near the coping skills they would utilize in each situation. The group leader announces approximately ten scenarios and encourages members to choose a different skill each time.

It is important for the group leader to know the population and be aware of stressful situations they frequently encounter or are likely to encounter.

Process Questions and Follow-Up:

Why do you feel like this coping skill would be better than other coping skills for this situation?

What makes different people want or need different coping skills?

What coping skill would your best friend/sibling/parent use in this situation?

Allow the members to move accordingly.

What negative coping skills have you used in the past?

How will you encourage yourself to use some of these positive skills the next time you are feeling stress?

Practice Setting:

Rehabilitation