**Reference 3**

# Coping Strategies

 Appropriate coping strategies can help students reduce anxiety and face the stress and distress brought by the crisis incident. Some examples of adaptive and maladaptive strategies are listed below for teachers’ reference. Teachers may share the information with students in the Brief Class Meeting or Special Class Period. If students are found to adopt maladaptive strategies, guidance should be given and referral to guidance personnel should be made for follow-up actions when necessary.

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| **Adaptive Coping Strategies** | **Maladaptive Coping Strategies** |
| **Seeking social support** | **Avoiding social activities** |
| √ Talking to someone (e.g. friends, teachers and guidance personnel) for necessary support | × Withdrawing from social activities× Avoiding contact with family and friends |
| **Healthy Lifestyle** | **Unhealthy Lifestyle** |
| √ Getting adequate sleep and maintaining a structured schedule√ Maintaining a balanced diet√ Doing appropriate amount of exercise√ Engaging in positive activities (e.g. doing sports, listening to music, reading)√ Doing relaxation exercises  | × Working too many hours× Using alcohol or drugs × Spending too much time on TV, mobile phone or computer games × Eating too much or too little × Sleeping too much or too little × Having imbalanced diet× Having not enough exercise |
| **Others** | **Others** |
| √ Trying to get the necessary information to reduce doubts√ Allowing oneself to be upset for a period of time | × Using violent way to express anger× Engaging in high-risk or dangerous activities |