

LEAP SKILLS

Student Activity Sheet

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**UNITE
STUDENTS**

When we face challenges, there are different coping strategies we can adopt. These strategies can be sorted into four categories. They are:

Mental

How we manage mental pressures, such as stress and anxiety.



Social

How we relate and respond to others, particularly in difficult situations.



Emotional

How we manage our emotions and stay positive.



Physical

How we look after our bodies when faced with physical challenges (e.g. illness).



Below are some student statements. Read each problem statement and decide which category it belongs in – what kind of coping strategy will this student need moving forward?

"I find my flatmate's behaviour really irritating. We have very different personalities."

Type of strategy needed:

"I'm really missing my friends from home, it's making me feel homesick."

Type of strategy needed:

"I've been really busy since I started uni – loads of late nights socialising and early starts to go to lectures. I'm feeling run down."

Type of strategy needed:

"My workload has really started to increase recently and I'm worried that I'm not going to make my deadlines."

Type of strategy needed:
