Do Now

• Look at your first entry in your Stress Journal and answer the following,
  • Is it positive or negative stress
  • Physical or Mental stress
  • What is the reason for the stress do you believe
  • Be prepared to discuss
Coping and Defense Mechanisms

Write Everything In White
Maladaptive verses Adaptive

**Maladaptive**
- Not providing adequate or appropriate adjustment to the environment or situation
- Negative forms of defense and coping mechanisms
- Or allowing something to that was positive to become negative
- Or doing something that is harmful to yourself or others around you as a way to deal with a situation

**Adaptive**
- Providing adequate and appropriate adjustments to stressors in a person's life or a situation
- Positive forms of defense and coping mechanisms
- Intentionally (meaning you're thinking about it) using/doing something that is meant to reduce stress or help one deal with a situation
Coping Mechanism

- Way in which external or internal stress is managed, adapted to, or acted upon
- How an event is managed
- This is how a person CHOOSES to deal with a build up of stress or trauma
- Slightly different from a Defense Mechanism
Defense Mechanism

• An automatic reaction of the mind to avoid/deal with anxiety or a stressor of some sort
• These are usually not done intentionally
• They are usually harmful, or can become so given the circumstances
• The problem with them is that the person usually does not know what they are doing
SOME Defense Mechanisms

• Denial
  • Ignoring the problem by simply not recognizing the existence of it

• Displacement
  • Transference of emotions to another person, object, or situation

• Projection
  • Rejection of emotionally unacceptable feelings and casting those feelings toward someone or something else

• Rationalization
  • Justifying illogical or unreasonable ideas

• Repression
  • Exclusion of unpleasant or unwanted experiences from conscious awareness
SOME Coping Mechanisms

• Support
  • Talking about a stressful event or problem to a trusted friend

• Relaxation
  • Listening to music, basically anything that you can feel destressing you

• Problem-Solving
  • Consciously identifying a problem that is causing stress and going through and logically creating a plan to eliminate or mitigate that problem

• Humor
  • Jokes can help keep stress and stressful situation in perspective and prevent it from becoming overwhelming

• Physical Activity
  • This causes the release of chemicals in the brain (endorphins) which make a person feel better and thus reduce stress
Short Write

• Based off what you have written so far, and what you know of your past, which do you think you use more often; Defense or Coping Mechanisms? Why or Why Not?

• Identify a time you used a defense or coping mechanism and justify why that is what it was.

• This should be about a paragraph in length total.