

## Theme

# I Have Questions - Coping: A Standalone talk on Coping

### THINK ABOUT THIS:

- Teens experience stress from so many areas of life: school, relationships, and culture. They can get lost in this world of stress and feel like they are drowning. This week we're talking about ways to cope when life feels overwhelming. This week is all about helping your student evaluate where they are at and how they can lower their stress and anxiety levels through coping in healthy ways.

## Week on Coping

### Lamentations 3:19-23 NIV

You have to feel to move forward.

### REMEMBER THIS

Because of the LORD's great love we are not consumed, for his compassions never fail.  
Lamentations 3:22 NIV



### Morning Time

The morning can be a stressful time for your student. They're worried about what they look like, being on time, or just stressing out about whatever is going on in the day ahead. As they're getting ready, try dropping by just to tell them that you believe in them and ask if you can help them with getting ready.



### Meal Time

Surprise your student with their favorite meal! This seems like a small gesture but can truly change their mood as they cope with stress. Go all out and theme out the whole meal. If they love alfredo make it an Italian themed or if they love hot dogs, make it sports themed. Make this meal something special, a meal they will never forget.



### Their Time

The next time your teen brings up being stressed, listen first. This can make a big difference for your teen—to be heard and not just getting your quick response—shows first that you care. Listen to their whole situation first and then ask: "How can I help?". Let them tell you what advice or direction they want to hear and be willing to only take it as far as they are willing to go.



### Bed Time

Before the end of the night, ask your teen what the best and worst parts of their day were. This is all about listening and being curious. You can also find out why those moments the best and worst parts of the day. The goal is to get to know what makes their day great and what stresses them out. If you have time, let them know about your day too as a way mutually connect on a deeper level.