

Assessing Coping Strategies

Situation 4: Liam and Esme: Cancelled Plans

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Liam loves to ski. However, he recently had to cancel his long-planned skiing trip due to a storm. Liam is disappointed and frustrated as he has been planning and looking forward to this. Liam is so upset and angry that he decides to skip school for the next few days.

Esme was excited to be going on a beach vacation with her family. They were thrilled to be getting away from the winter storms and excited for fun in the sun. Unfortunately, due to extended weather delays, the trip was cancelled. Despite the initial disappointment, Esme understood the importance of being with her family and is hopeful for another trip.

Classify these coping behaviours into healthy, low, medium, or high risk:

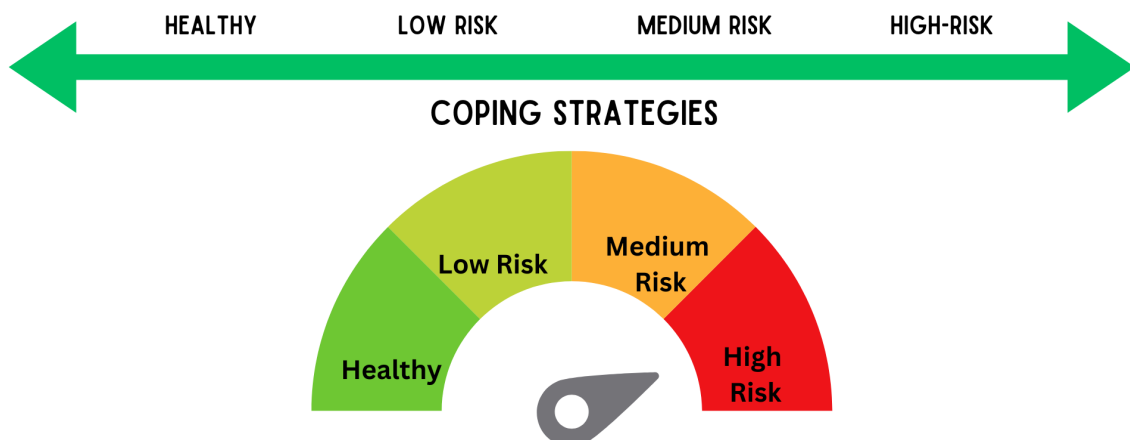
1. Instead of going to school, Liam hangs out with some older teenagers who share their cannabis with him.

2. Liam gets angry and screams and shouts at their parents blaming them for the cancellation.

3. Instead of going to school, Liam smokes cannabis with some older teenagers and then goes for a ride on his ATV.

4. Liam decides to have a conversation with his parents to discuss the options for another vacation.

5. Liam has a few beers with his friends on the weekend and talks about his disappointment.



1. Indicate where to place each coping strategy on the Assessing Risk Spectrum. Discuss your choices.
2. Examine the infographic on cannabis. Why may choosing to use this substance be considered a risky coping strategy to deal with stress?
3. Propose other low risk or positive coping strategies.