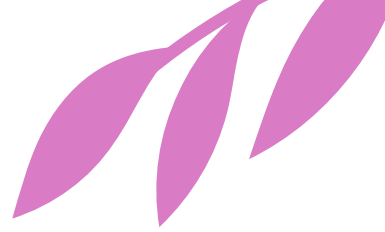


Coping Strategies Workshop

Duke SRT Team 2023





Pre Survey

SEE HANDOUT





Objectives

- Provide practical coping strategies to effectively manage stress and build resilience.
- Develop healthy coping mechanisms that can be used in challenging situations such as:
 - academic pressure
 - social stress
 - emotional difficulties



Icebreaker

What are your favorite activities or hobbies that make you feel happier?

What are Coping Strategies?

Coping strategies: **specific actions or techniques** that individuals use to **deal** with or **manage** difficult or stressful **situations** in their lives.


Coping strategies are important for

- Obstacles & hardships they encounter
- Well-being, and bounce back from difficult circumstances.
- Control
- Strength & resilience



F.E.A.R Plan

The F.E.A.R Plan is a research backed plan that uses Cognitive Behavioral Therapy, and has been proven to reduce and relieve stress and anxiety.







Our Body's Reactions

Feeling Frightened?

Ravi is about to give a presentation in front of his class. He notices that he is sweating.

Why might he feel this way?

The answer to this question can help us understand the clues our body is giving us.

1. He ran to school earlier that morning.
 2. It is a hot day outside.
 3. He's nervous about speaking in front of the class.
- 
- 



Group Activity:

Maggi Body

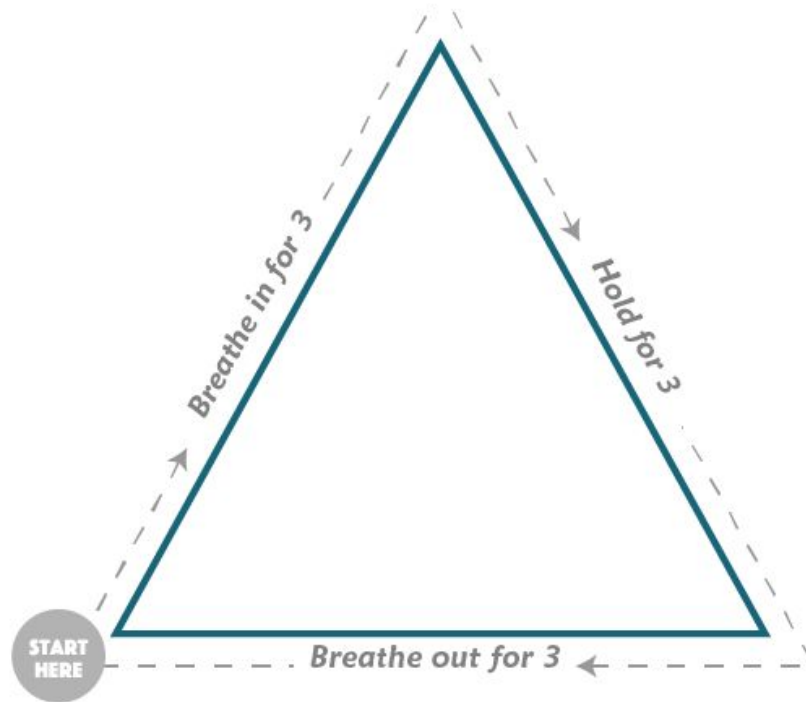
Maggi Body

1. Tense body happens when you are mad or nervous.
2. The goal of this exercise is to make your body loose like *Maggi* noodles

How to do the Maggi Body

1. First you have to make your body very tight all over!
 - a. Scrunch your hands very tight. You can even grunt if that helps. And now, let them loose, like maggi.
2. Stand up now. Scrunch and count to 3, then become Maggi loose.
 - a. Hands
 - b. Face
 - c. Legs
 - d. Arms
 - e. Bottom
3. Remember, you are the boss of your body. You can feel better by doing Spaghetti Body.

Triangle Breathing






Expecting Bad Things to Happen?

Once you know that you are in a difficult or stressful situation (**you identified your body's reactions**), identify what is worrying you about the situation?

What is worrying you about the situation specifically?





Example:

Think about this situation:

Abhishek is going in for a job interview. While sitting outside he feels his heart beating really fast.

Why might he feel this way?



What are Cognitive Distortions?

Negative patterns of thinking that aren't based on reality including . .

- Mind Reading
- Future Telling
- Catastrophizing
- Mental Filtering
- Labeling & Comparing
- Negative Filter
- All-or-None Thinking
- Blame
- What If's




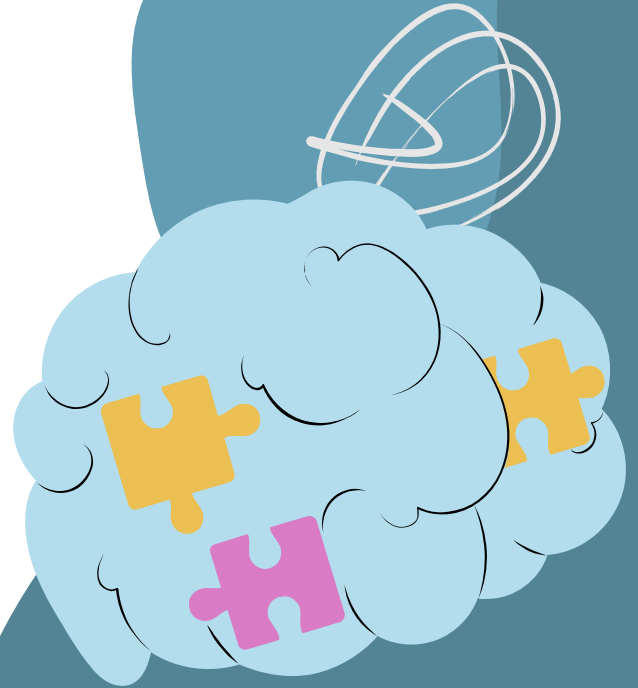
Cognitive Distortion: Young Sheldon





Attitudes & Actions that Help

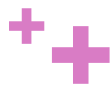
- Once we know that we are in a difficult or stressful situation (**we identified our body's reactions**), we can identify attitudes and actions that help.
 - THINK: What kinds of thoughts can you have to help make the situation less stressful or scary?
- 





Identify

**Healthy & Unhealthy
Strategies**



Healthy Coping Strategies

Seeking support from friends

Talking to **trusted friends or trusted adults** about your feelings and concerns can provide emotional support and help you gain perspective.

Engaging in physical activity

Participating in **sports, yoga, or any form of exercise** can help reduce stress, boost mood, and improve overall well-being.

Practicing mindfulness and relaxation techniques

Deep breathing exercises, meditation, or engaging in activities that promote relaxation, such as **listening to calming music** or **taking a warm bath**, can help manage stress and promote mental well-being.

Healthy Coping Strategies

Pursuing hobbies & interests

Engaging in **activities you enjoy**, such as painting, playing a musical instrument, writing, or dancing.

Setting realistic goals

Breaking down large tasks into **smaller goals** can help make you feel **less overwhelmed**. Celebrating achievements along the way can help too.

Seeking further help and guidance when needed

If feelings of stress, anxiety, or sadness become overwhelming or interfere with daily life, talk to someone — whether that is a **trusted friend, adult, or someone that can get you professional help!**

Unhealthy Coping Strategies

Self Harm: Engaging in self-harm, unsafe sexual activities, or other risky behaviors are dangerous and can have severe consequences. It's important to seek help if you or someone you know is engaging in such behaviors.

Repression and Isolation: Ignoring or suppressing emotions instead of addressing them can result in increased stress, anxiety, and difficulty in managing emotions effectively.

Substance Abuse: Turning to drugs, alcohol, or other substances as a means of escape can lead to addiction, health problems, and further complications.



Specific

S
G

What *exactly* are
you trying to
achieve?

Measurable

M
O

How will you know
when you've
achieved it?

Attainable

A
A

Is it genuinely
possible to
achieve it?

Relevant

R
L

Does it contribute
to your agency's
revenue growth?

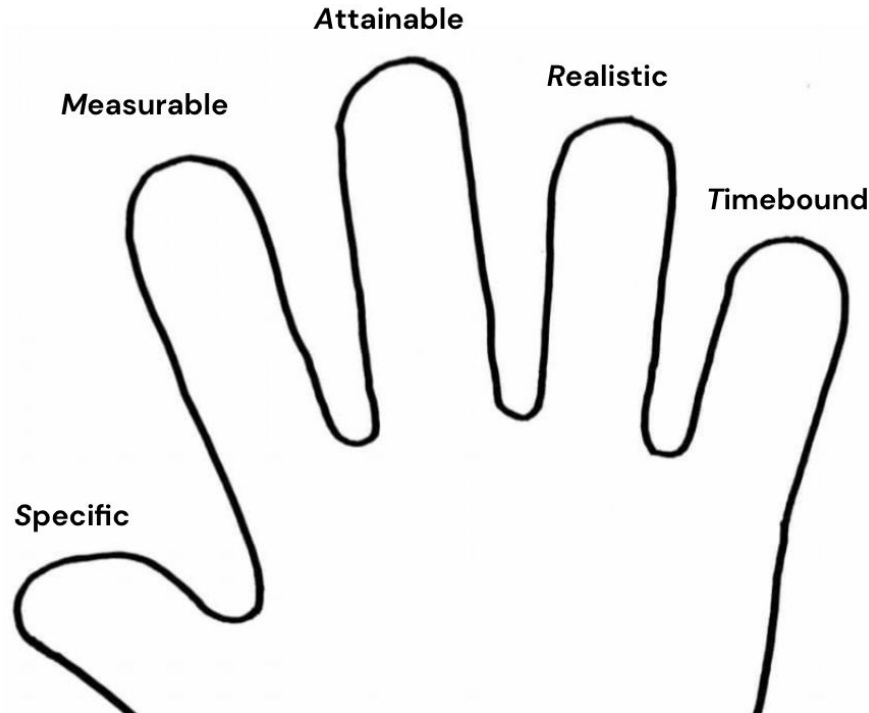
Time-bound

T
S

When do you
want to achieve
this by?

SMART Goal Activity

Use the hand to guide you as you create your SMART goal. Goal setting can be a great way to relieve your stress about future plans.



AKHILESH'S

SMART GOAL

S:

- coping
strategies
workshop

M:

- post survey
is successful.

A:

- use
calendar +
plan
well

R:

- interested
in goal
- in line w/
Udayan
work

T: - Sunday, June 18th
- Room reserved in H.O.

M
Measurable

I will meet my goal if
the participants find the post-workshop
successful on the post-work

S
Specific

Teach a successful
workshop on coping to aftercare.

A
Attainable

I can plan well for
the workshop using my calendar.

R
Relevant

It's relevant + I'm interested
in the goal. It is in line w/
Udayan.

T
Timebound

The workshop will
happen on Sunday
June 18th.

TEACHING
AFTERCARE
WORKSHOP

Results and Rewards

- We should **reward ourselves** for facing our fears in a healthy way
- **What is a reward?** Nothing too big or expensive...
 - Hanging out with a friend
 - Treating yourself to your favorite food/snack
 - Positive self-talk



Positivity and Growth Mindset

Positive statements can encourage us and help us cope when we are facing difficult or stressful situations. Thinking about or saying encouraging words to ourselves and being **our own personal coach** can help us survive distressing times.

We can have a **growth mindset** to help us navigate through current difficulties and avoid **cognitive distortions**.



Importance of Support Network

- Provides a place to reason out your feelings:
- Steps to build a support network:
 1. Reach out to family and friends
 2. Use technology
 3. Reach out to people who have similar interests
 4. Look for peer support groups
 5. Ask for help

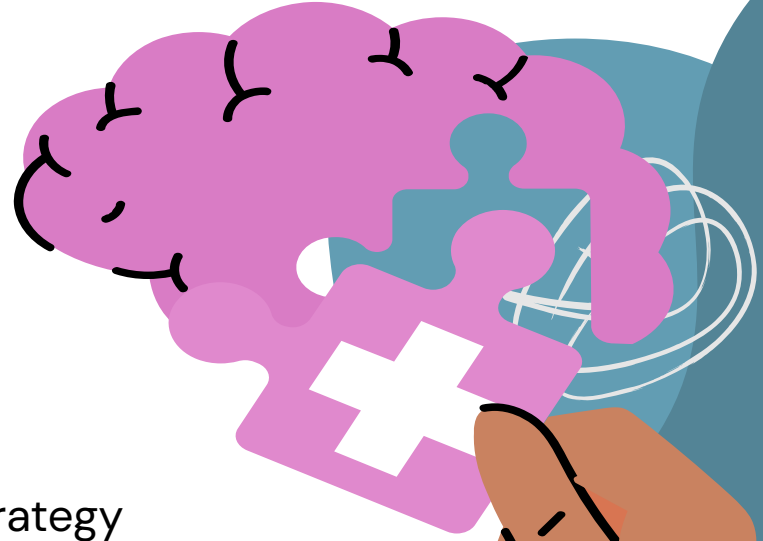
2015 survey found that the average stress level for people with emotional support in place was 5 out of 10 compared to 6.3 out of 10 for people without emotional support.



Conquer

F.E.A.R

A journaling strategy



F.E.A.R Journaling

I was in a crisis when...

Feeling Frightened

- My body reacted by...

Expecting bad things to happen

- I was thinking...

Attitudes or actions that can help

- Instead I thought...
- What helped me was...

Results and Rewards

- How did I do?
- I rewarded myself by...



Example of F.E.A.R. Journaling

I was in a crisis when I started thinking about traumatic memories and thoughts of my past

Feeling Frightened

- My body reacted by crying, feeling tense, feeling angry, and headaches

Expecting bad things to happen

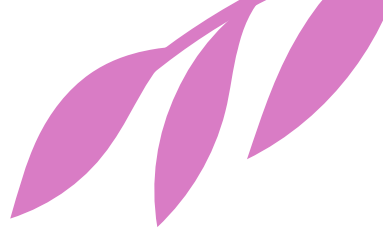
- I was thinking that I am worthless, and that I don't have a future

Attitudes or actions that can help

- Instead I thought I have grown as a person, and do well in my studies
- What helped me was studying, setting goals, and documenting my accomplishments.

Results and Rewards

- I rewarded myself by grabbing a snack with my friends, and documenting new goals.



Post Survey

SEE HANDOUT



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Research behind the F.E.A.R plan

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2950324/>

