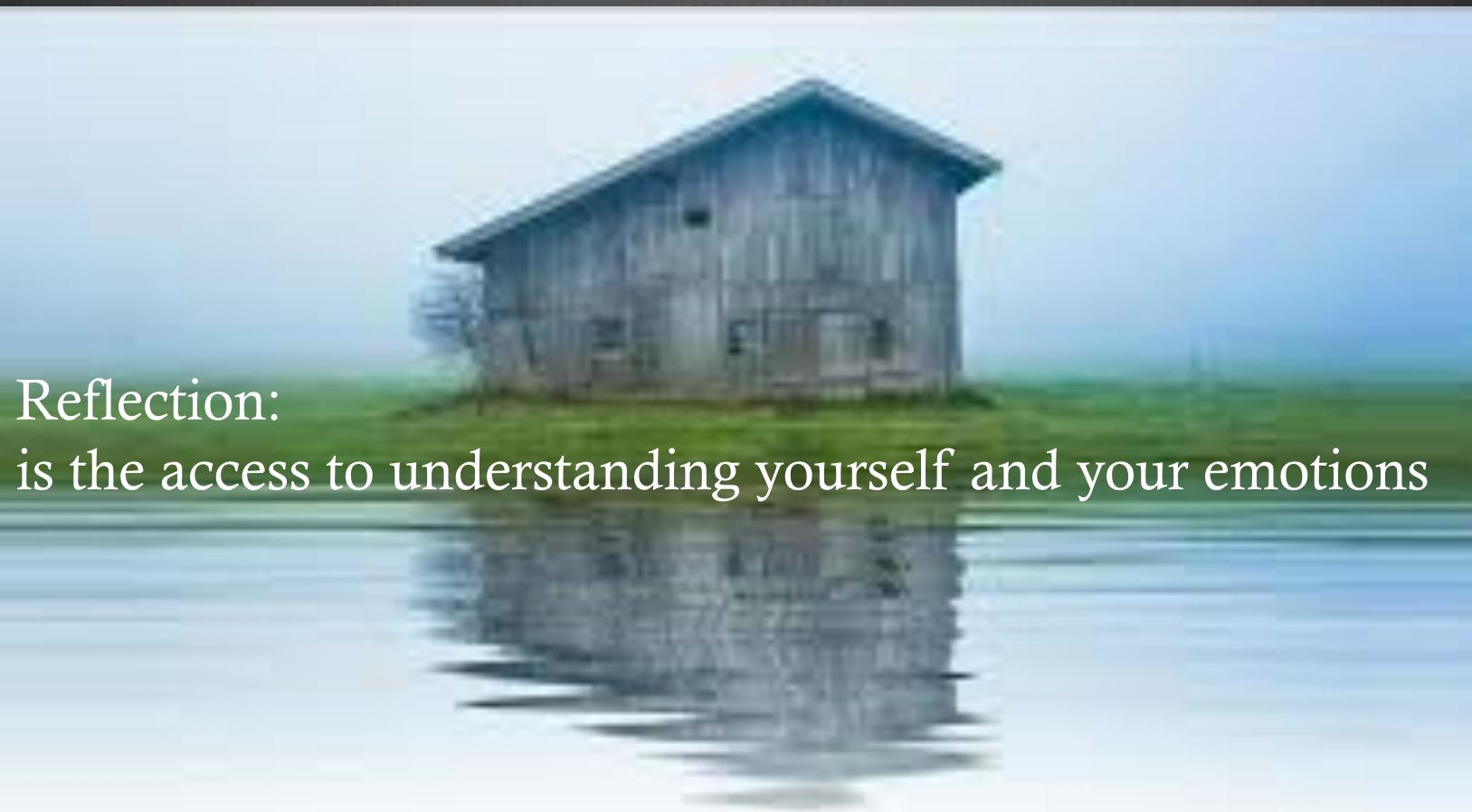




# Skills Building

## Reflect and Manage Your Emotions

# What is Reflection?



Reflection:  
is the access to understanding yourself and your emotions

# What is Coping?



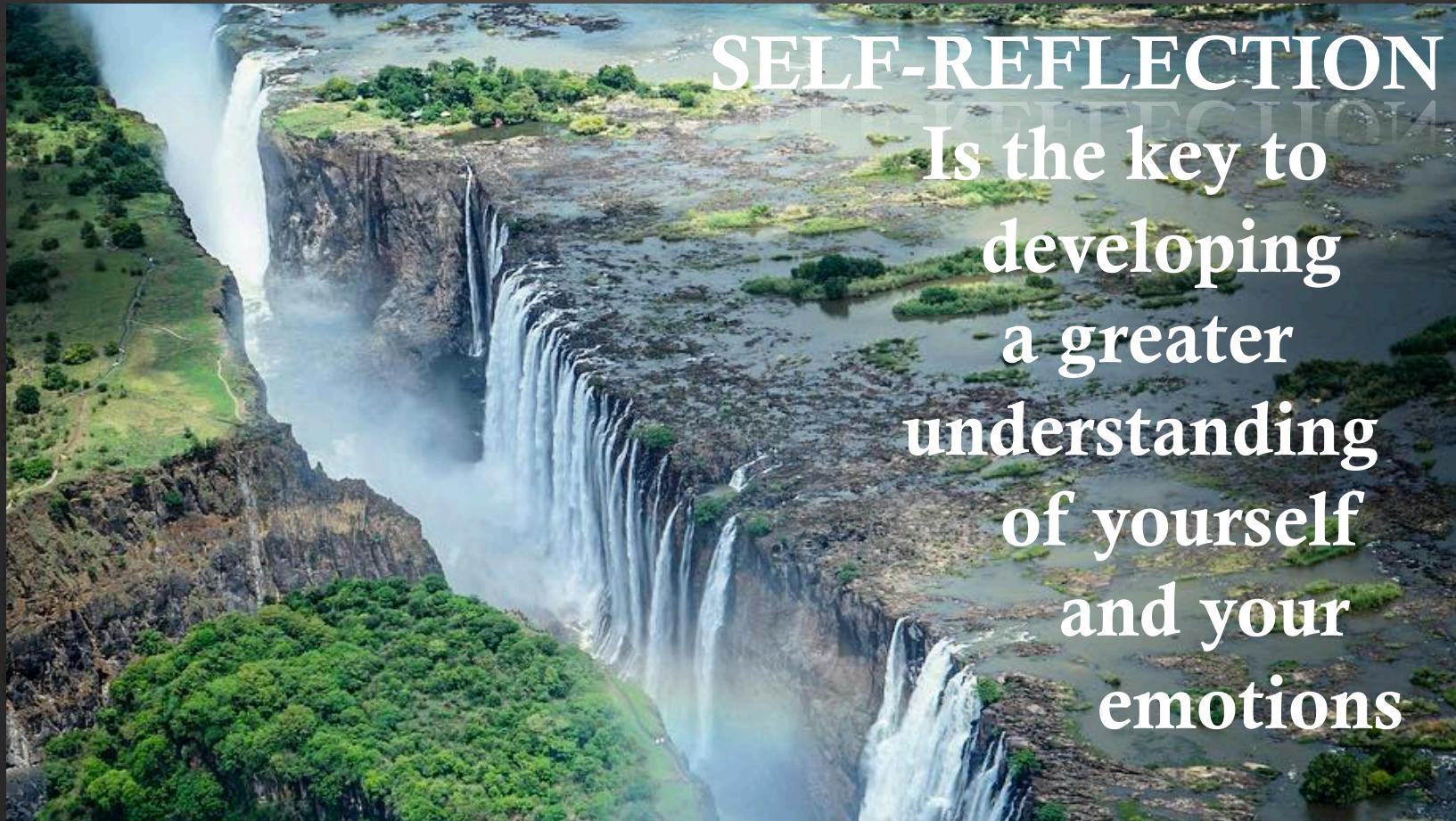
- **Coping** is defined as a transactional process with yourself
- Through which you alter your thoughts and behaviors (coping responses)
- To manage your stressful internal and external demands

# How We Support You To Cope?



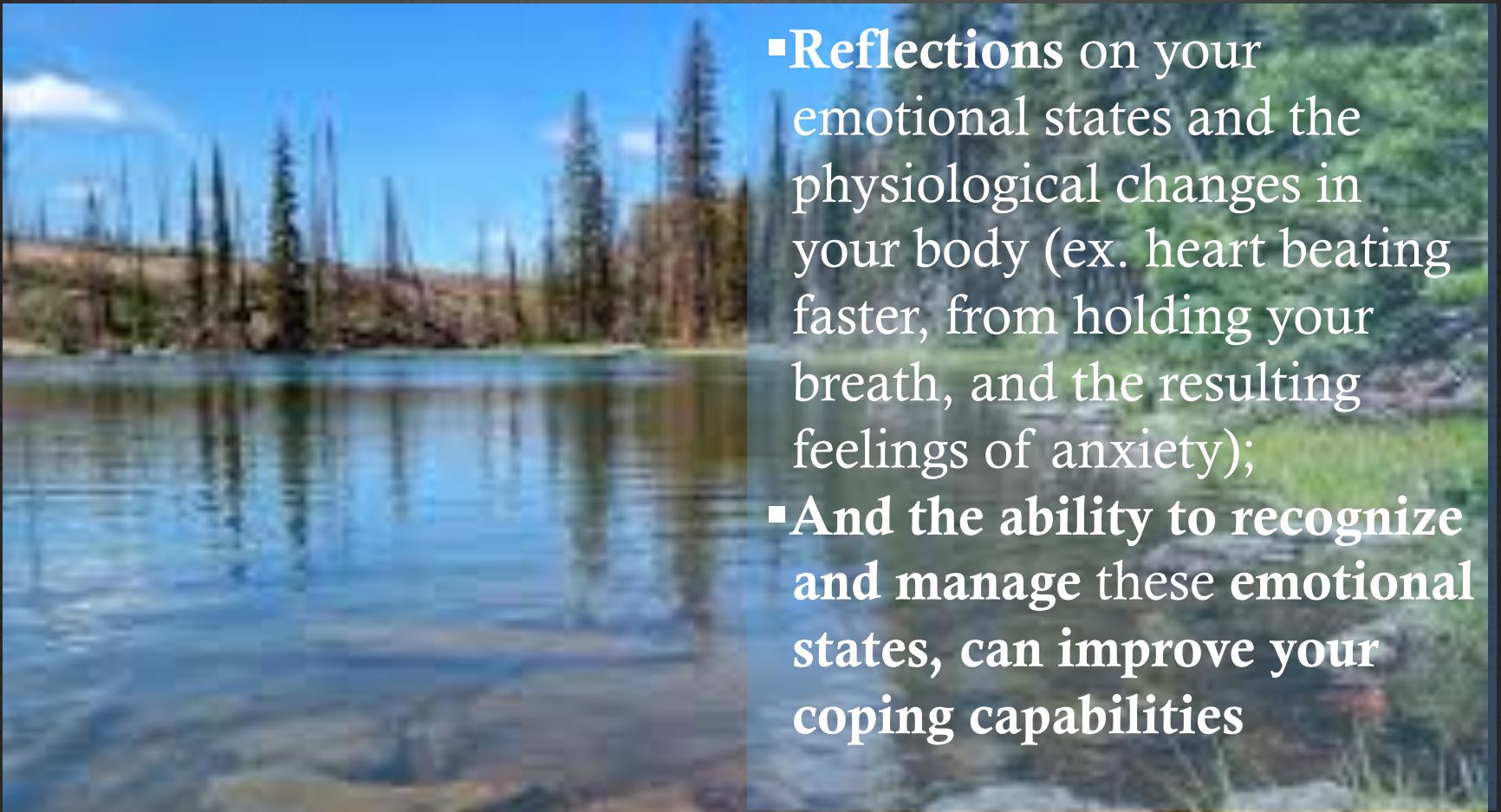
We Strive To:  
**increase access for compassion, outreach and social support, with your participation and engagement**

# What Skills Are Required?



**SELF-REFLECTION**  
Is the key to  
developing  
a greater  
understanding  
of yourself  
and your  
emotions

# Value of Self-Reflection



- **Reflections on your emotional states and the physiological changes in your body (ex. heart beating faster, from holding your breath, and the resulting feelings of anxiety);**
- **And the ability to recognize and manage these emotional states, can improve your coping capabilities**

# Learning Your Emotions



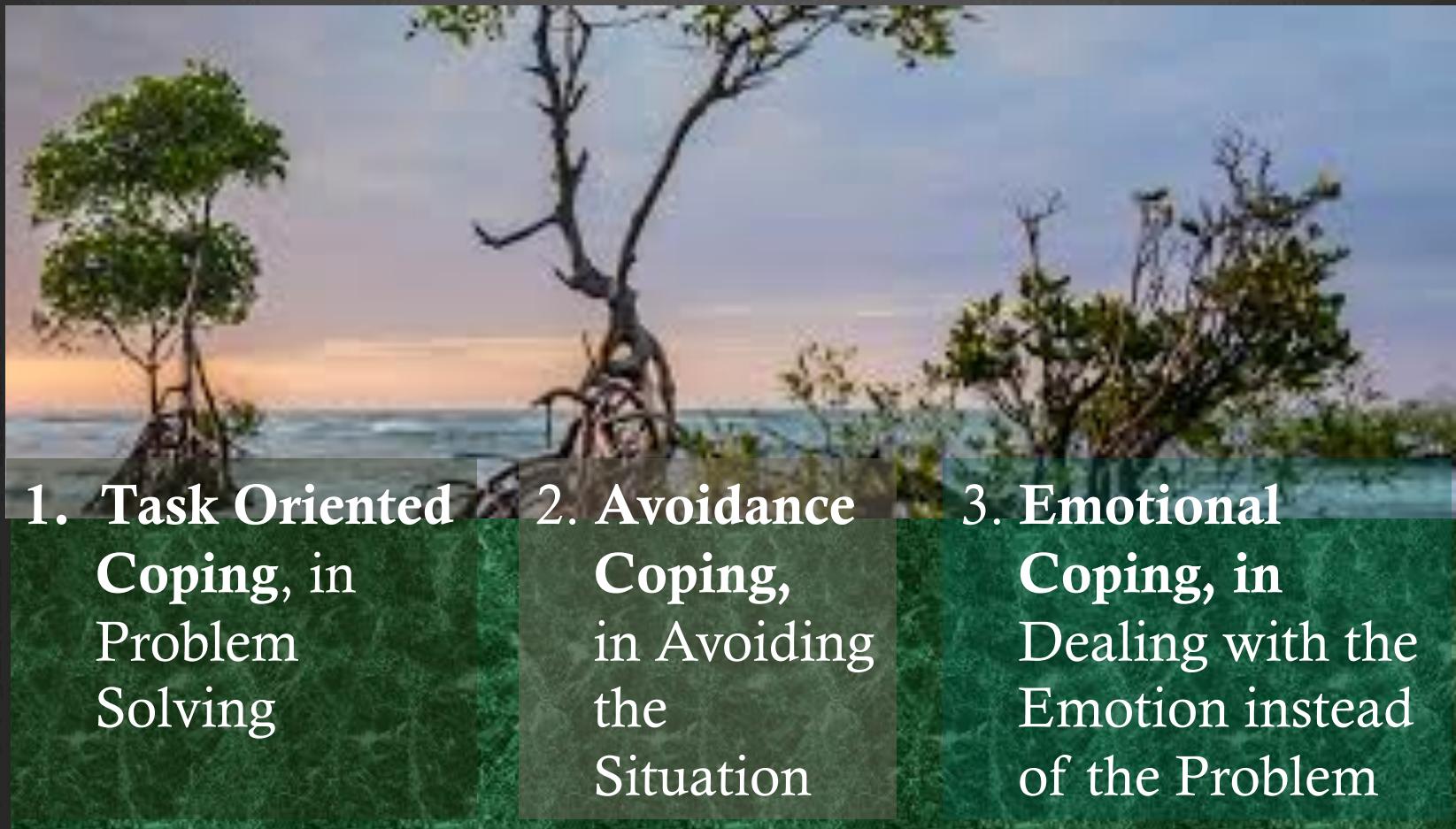
A scenic coastal landscape featuring a large, green, grassy hill that rises from the ocean. The hill is rugged with some rocky outcrops. The ocean in the foreground is a vibrant blue, with white waves crashing against the base of the hill. The sky is clear and blue with a few wispy clouds.

Knowing your emotions can facilitate how you shift your thoughts to prevent you from feeling “stuck” in a dark place

# Choosing What to Worry About

- There are many little things that we could worry about in a day, and you might be tempted to fight through all of them
- However, although they may seem important at the time, most battles are not worth fighting for
- Know that it is really up to you: to either make a big deal of it, or let it go!

# Rooted In 3 Main Ways Of Coping



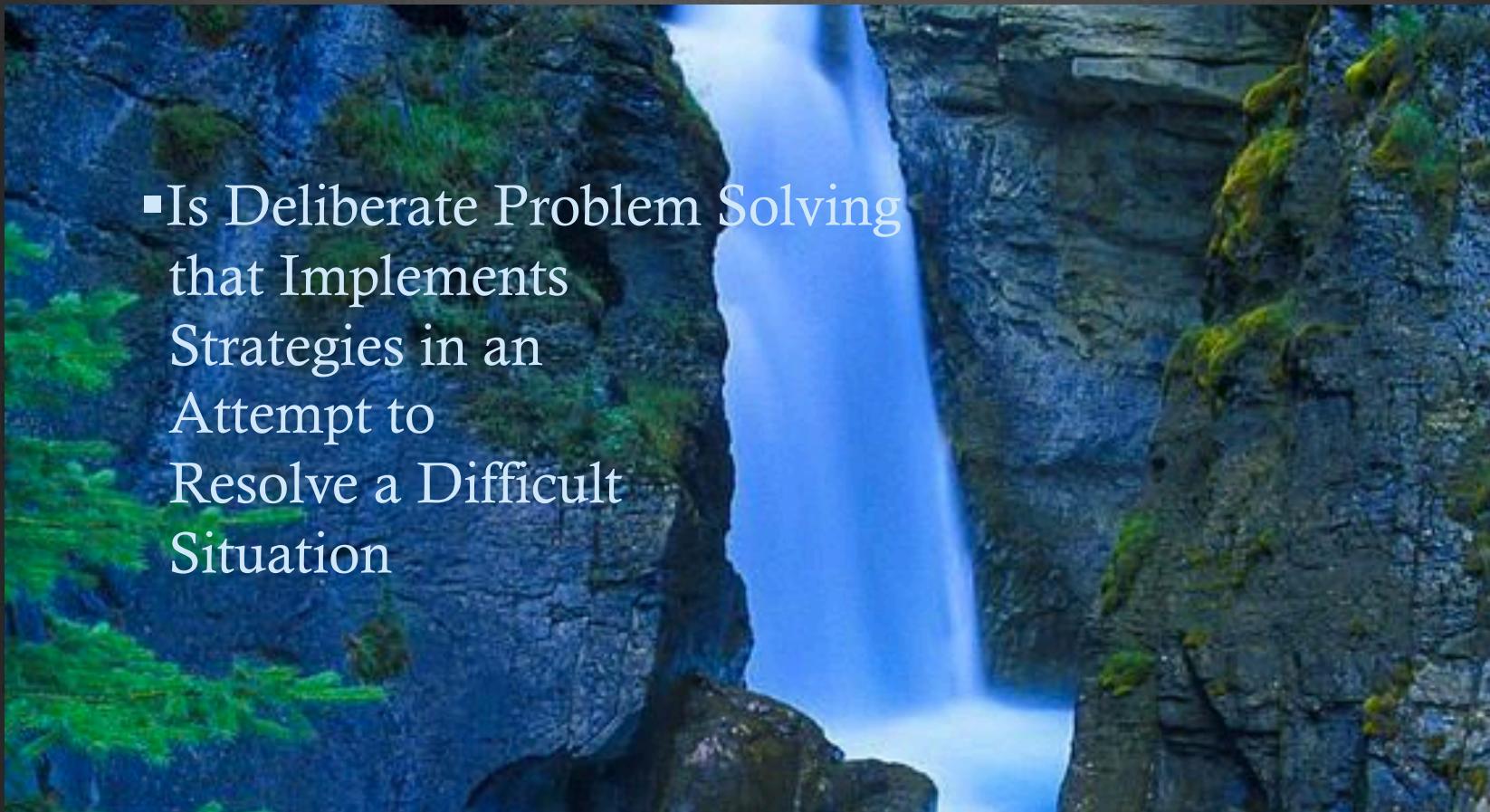
**1. Task Oriented Coping, in Problem Solving**

**2. Avoidance Coping, in Avoiding the Situation**

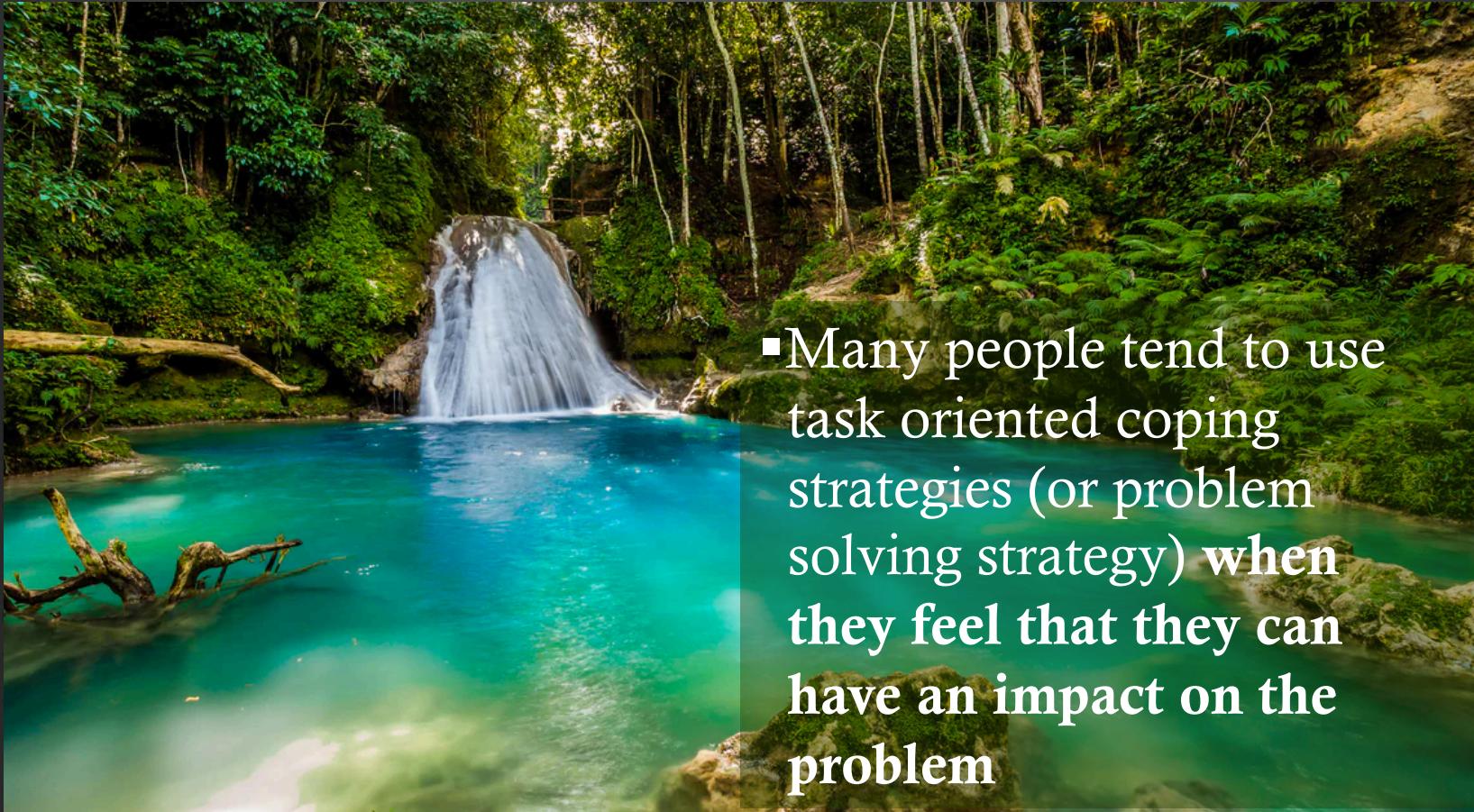
**3. Emotional Coping, in Dealing with the Emotion instead of the Problem**

# Task Oriented Coping

- Is Deliberate Problem Solving that Implements Strategies in an Attempt to Resolve a Difficult Situation

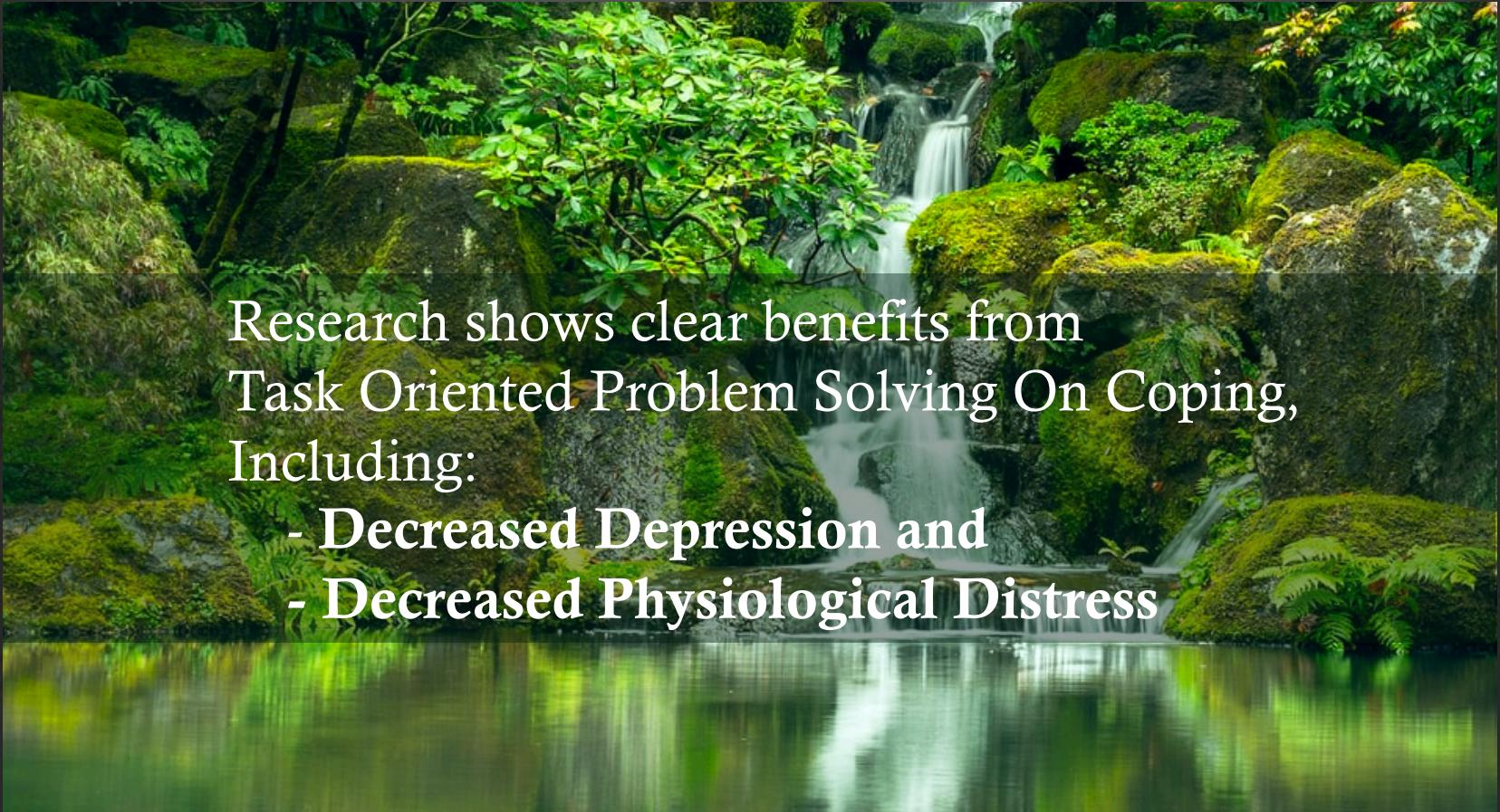


# When Is Task Oriented Coping Used?



- Many people tend to use task oriented coping strategies (or problem solving strategy) **when they feel that they can have an impact on the problem**

# Task Oriented Benefits On Coping



Research shows clear benefits from Task Oriented Problem Solving On Coping, Including:

- Decreased Depression and
- Decreased Physiological Distress

# What About the Other Types of Coping?

## 2. Avoidance Coping

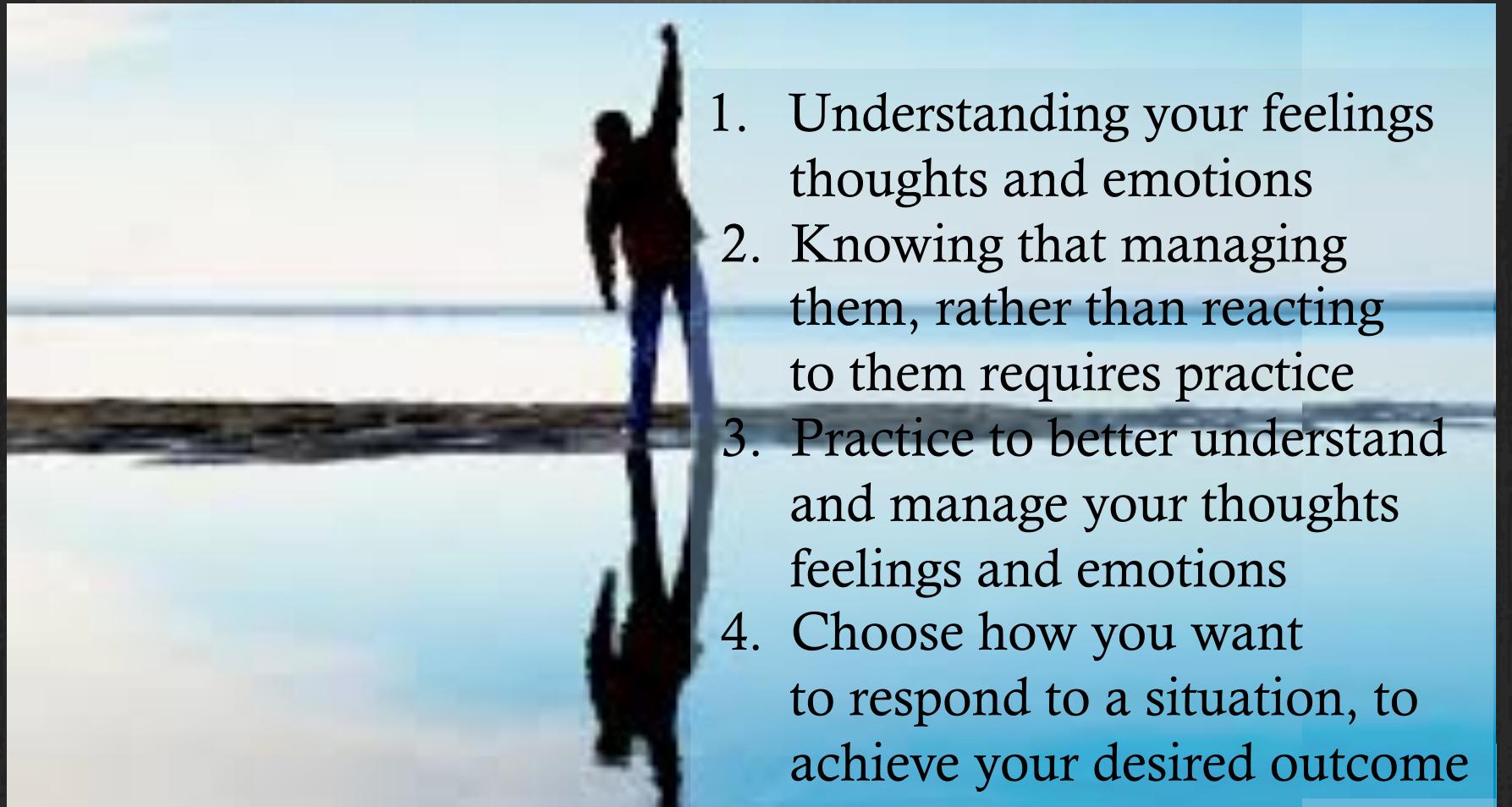
- Is Coping by Avoiding the problem and can elevate the negative consequences of the situation
- By avoiding or escaping the situation, you do not learn effective ways of solving problems

# Emotional Coping

## 3. Emotional Coping

- Some people use Emotional Coping when they feel that they must tolerate a stressful situation
- Focusing on the emotions and your feelings, rather than dealing with the situation can worsen depression and physiological distress
- Evidence show that some coping strategies are more adaptive than others
- This explains why some individuals are more adaptive or resilient than others

# Steps to Practice Coping



1. Understanding your feelings thoughts and emotions
2. Knowing that managing them, rather than reacting to them requires practice
3. Practice to better understand and manage your thoughts feelings and emotions
4. Choose how you want to respond to a situation, to achieve your desired outcome

# Tips To Practice Coping



STAY POSITIVE

Try to be a Rainbow  
In Someone's Cloud  
- Maya Angelou

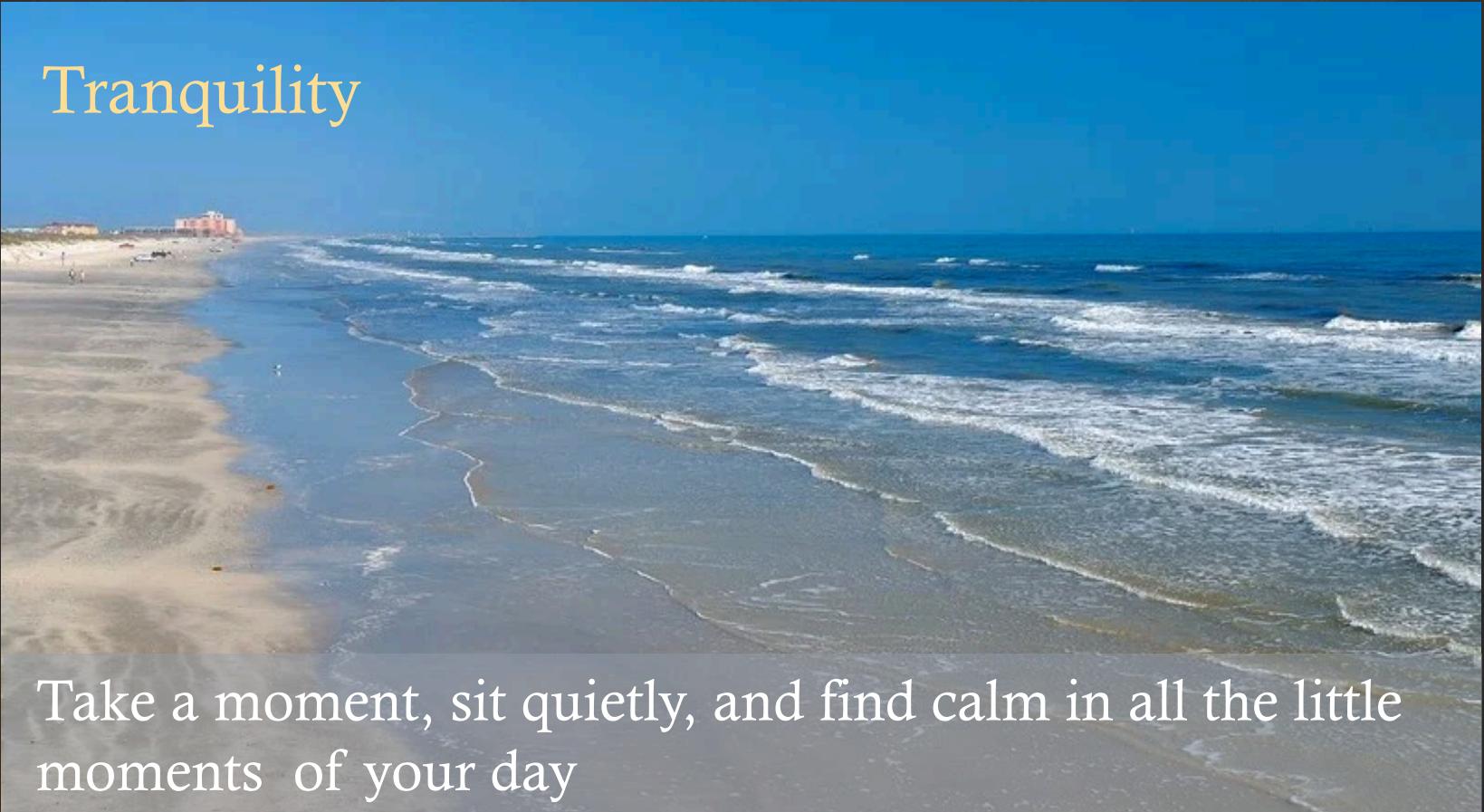
# Ways To Improve Coping



- Maintain a Positive Outlook
- Stay Close to Family and Friends
- Exercise Regularly

# Other Strategies

Tranquility



Take a moment, sit quietly, and find calm in all the little moments of your day

# Don't Give Up



- Stay Diligent
- With Determination
- Believe in Yourself

# Keep Calm

1. Pause before you react
2. Collect your thoughts and assess the situation

*Reminder:*

*There is a pause between every action and a reaction  
Use the pause to choose your response*

3. Choose the response that will generate the outcome that you would like to achieve