

COPING SHEET

<u>Relaxation Techniques</u> Relaxation techniques assist with ending the mood problem symptoms before they become too extreme.	For the Physiological Effects: - Deep Breathing - Progressive Muscle Relaxation (PMR) For the Psychological Effects: - Visualization - Grounding Tip- Practice is Key!
<u>Behaviour Activation (Activity Planning)</u> Activity planning helps you to develop healthy routines.	To begin activity planning consider the things you stopped doing or avoid doing, and purposely schedule activities that give you a sense of pleasure and achievement (e.g. meeting with a friend for coffee). Keep deliberately using activity planning to develop healthy routines until you are able to develop healthy routines without the worksheet.
<u>Thought Records</u> Thought records are meant to train your brain to see the problem differently. The goal is to see the problem in a more reasonable and manageable way.	Keep deliberately using thought records to develop alternative thoughts until you are able to come up with alternative thoughts without the thought record worksheet. Tip - Socratic Questioning worksheet is a helpful tool to use when trying to come up with alternative/balance thoughts.
<u>Behaviour Experiments</u> Underlying assumptions are the (subconscious) rules we live by and can usually be understood in "if....then..." statements. To test out our underlying assumptions we use behaviour experiments.	Keep deliberately planning behaviour experiments to test out underlying assumptions until you are able to come up with alternative assumptions without planning behaviour experiments. Tip- Remember these underlying assumptions have been operating for a long time, therefore it may take several experiments before your assumptions changes, and that's okay!

Family Health Team

<p><u>Core Belief Records</u></p> <p>Core beliefs are people's most basic understanding about themselves, their world, and others.</p> <p>Core beliefs can be identified from looking for common themes in your thought record, or by using the downward arrow technique to analyze your hot thought. Downward arrow technique explained in detail in Mind Over Mood - Core Belief Chapter.</p>	<p>We can test our core beliefs by listing evidence that supports and does not support the belief. Complete the core belief record worksheet by looking for evidence that a core belief is not 100% true all the time.</p> <p>Keep deliberately using the core belief record worksheet until you come up with an alternative (new) core belief.</p> <p>Tip - It may take a long time to change a core belief because we require a lot more evidence to convince us that the absolute beliefs we've held for a long time that appear to serve us well, are not 100% true.</p>
<p><u>6 - Step Model for Problem Solving</u></p> <p>This system of problem solving works well for MICRO level (day-to-day) issues .</p>	<p>Step #1 – Define the Problem Step # 2 – Generate Many Possible Solutions Step # 3 – Evaluate Alternatives (Review step #2, and ask - can I do it?; Will it work?) Step #4 – Decide on a Solution Step #5 – Implement the Solution Step #6 – Evaluate the Outcome</p>
<p><u>Goal Setting for Problem Solving</u></p> <p>Goal setting is a system that supports problem solving for (macro) bigger issues through the creation of an action plan.</p>	<p>SMART Goal worksheet is a great resource for goal setting.</p>
<p><u>Communication Strategies</u></p> <p>Often an important part in our action plan involves communicating with other people. It can be communicating our needs, wants, desires, feelings, or issues. Communication skills assist with communicating effectively.</p>	<p>Assertive Communication - A communication style in which a person stands up for their own needs and wants, while also taking into consideration the needs and wants of others, without behaving passively or aggressively.</p> <p>"I" Statements are great for assertive communication, and are best used during sensitive conversations. "I feel (emotion) when you (explanation)"</p> <p>Reflective listening is a technique that can quickly help you become a better listener. Reflective listening is when you repeat back what someone has just said to you, but in your own words. This shows that you didn't just hear the other person, but you are trying to understand them.</p> <p>Keep deliberately using the communication skills worksheets until you feel comfortable using the strategies.</p>