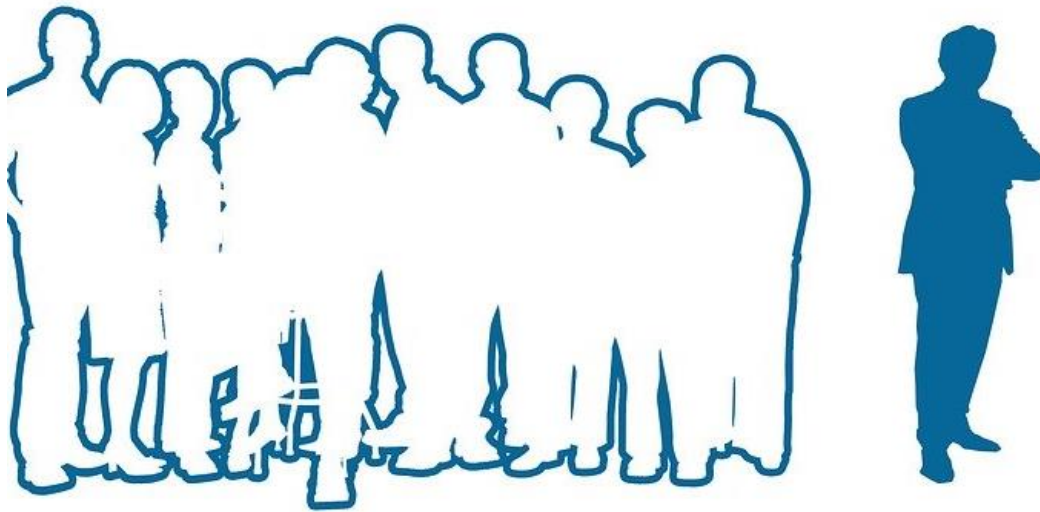


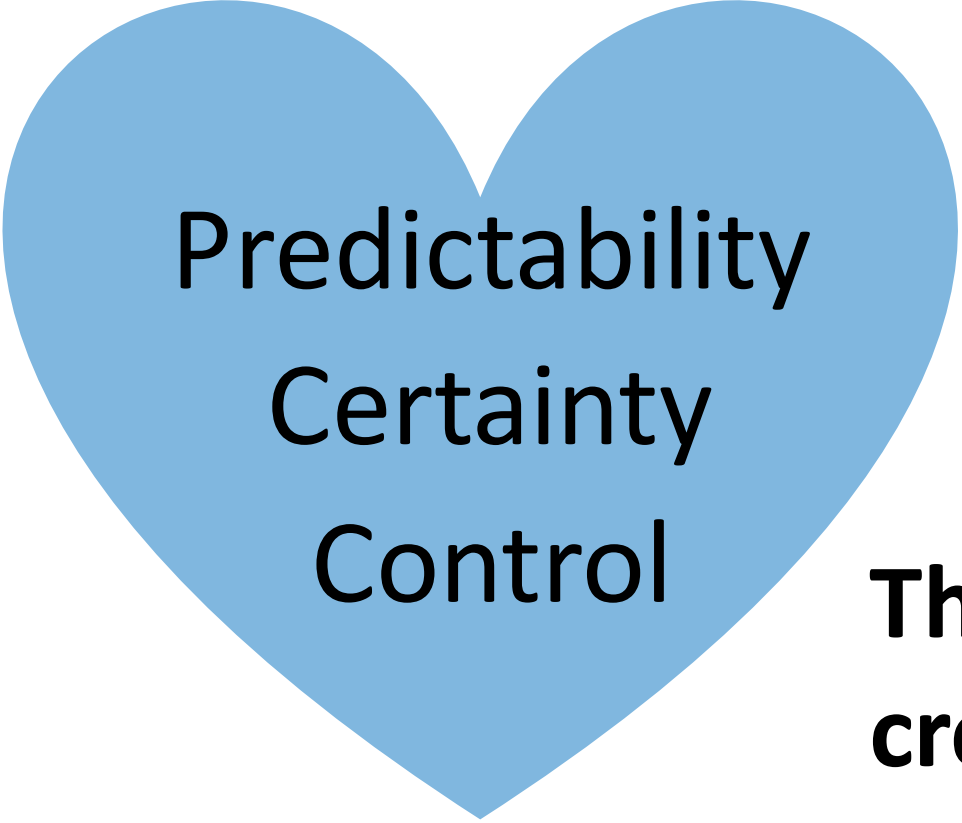
# COPING SKILLS

Isolation can effect mood—and we can do something about it!



Ditza Berger Ph.D.

What we love:



Predictability  
Certainty  
Control

**Their absence  
creates ANXIETY.**

# Categories of Coping Skills

Activities/Routines/  
Diversions

Social/Interpersonal

Cognitive

Physical

Spiritual

Limit-Setting

# Activities/ Routines/ Diversions



RESPONSIBILITIES



PREPARE FOR  
PESACH



DAILY SCHEDULE



READING



ART



GARDENING



MUSIC



GAMES

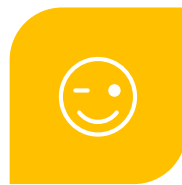
# Social / Interpersonal



REACH OUT



WRITE A NOTE TO  
SOMEONE YOU  
CARE ABOUT



USE HUMOR



EXPRESS GRATITUDE



ENCOURAGE  
OTHERS

# Humor

1. *Smile*
2. *See your situation as an observer*
3. *Reach out to friends who can make you laugh*
4. *Watch funny movies*
5. *Read funny books*

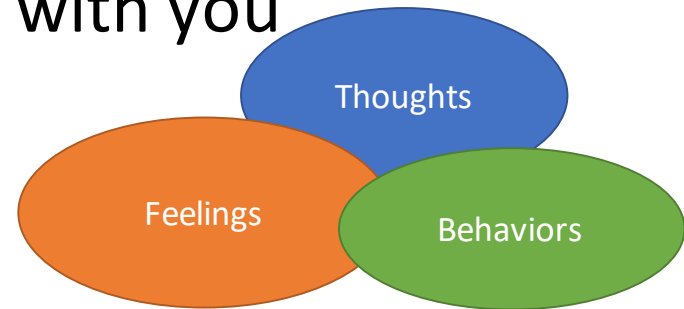


The more we focus on **positive things** in our lives (close friendships, fun plans for the weekend, the things that are going well at work and at home) the more likely it will be that we will enjoy a sense of **well-being**.

Positive thinking brings positive responses in your body which can **boost your mood and diminish stress**.

# Cognitive

- Identify your thoughts and label your feelings
- Remind yourself of a difficult time when you really did manage
- Lower your expectations of yourself in the situation
- Keep an inspirational quote with you
- Be aware of thinking traps
- Use Imagery
- Use Mindfulness
- Limit watching of news





# Thinking traps:

MIND READING- I  
BELIEVE I ALREADY  
KNOW WHAT THEY  
THINK

THE "ME" TRAP- I AM  
THE SOLE CAUSE OF  
EVERY SETBACK AND  
PROBLEM

THE "THEM" TRAP  
EVERYONE ELSE'S  
FAULT

CATASTROPHIZING  
RUMINATE ABOUT THE  
IRRATIONAL WORST-  
CASE SCENARIO

HELPLESSNESS-  
PERVASIVE PROBLEM  
WHERE YOU HAVE NO  
CONTROL

# Imagery

Think of a:

Relaxing place real or imagined

Soothing person

Positive experience

a. Get all your senses involved: sight, sound, taste, touch, smell

b. Breathe deeply and calmly throughout

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# Mindfulness

Non-judgmental self awareness. A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

# Physical

- Get enough sleep
- Eat healthy foods
- Get into a good routine
- Exercise
- Eat a little chocolate
- Limit caffeine
- Practice deep/slow breathing



# Spiritual

- **Daven/ Pray**
- **Enjoy Nature**
- **Get involved in a worthy cause**

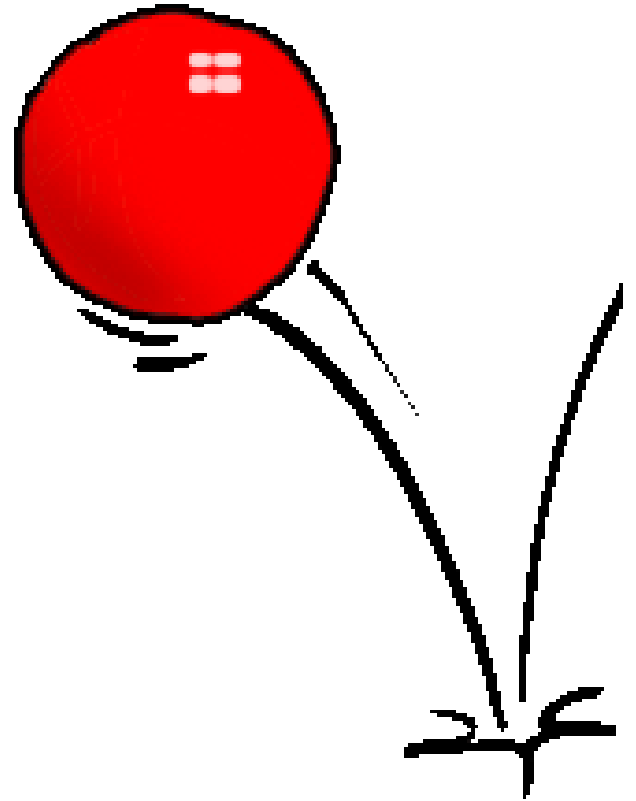
# Limit-Setting

- Drop some involvement
- Prioritize important tasks
- Schedule time for yourself.

# Resilience

The ability to bounce back from adversity and grow from challenges

- **Optimism-** engine of resilience belief in positive future
- **Self Awareness-** what am I feeling? What can I do?
- **Connection**
  - **Relationships**
  - **Spirituality connected to something larger than yourself**
  - **Mission**



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# Optimism is something we can learn

Challenge overly pessimistic beliefs and reframe them

See stressors as challenges problems that can be solved not threats

Identify elements you can control and those we need to accept

Use humor as a way to cope

Having an I can attitude belief that you can do this

Develop a realistic optimistic way of explaining things



# Gratitude is critical part of well being

## Gratitude is critical part of well being

- enables you to feel attached to something larger than yourself
- materialism goes down
- humility goes up
- increases helping behaviors
- Hunt the good stuff