

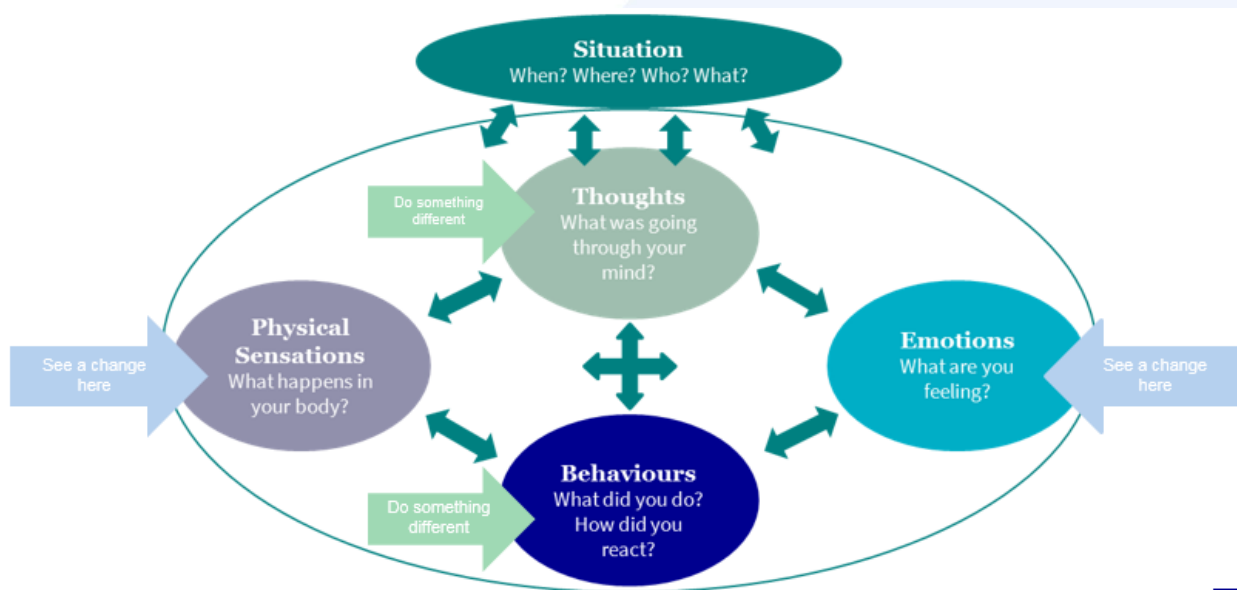
Positive Coping

Information and Resources

Positive Psychology and Coping

- Positive feelings, thoughts and behaviours are good for you.
- Cultivate pleasure, engagement and meaning in the face of adversity.
- Positivity can be shared between and benefit others.

The Human Functioning Model



Source: Padesky, C.A. & Mooney, K, A. (1990). Presenting the Cognitive Model to Clients. *International Cognitive Therapy Newsletter*, 6, 13-14.



Five Ways to Wellbeing

- Connect
- Give
- Keep learning
- Take notice
- Be active

Identify your obstacles

Some examples...

- Our thoughts
- Emotions
- Time
- Other responsibilities
- Less autonomy
- Priority management



Reactions to change and adversity

We all react differently, however some examples...

Thoughts

- Catastrophising
- Worrying

Emotions

- Fear
- Low mood
- On edge
- Shame
- Restless
- Loss of motivation
- Anxiety
- Frustration
- Overwhelm
- Anger

Physical Sensations

- Changes in appetite
- Dry mouth
- Racing heart
- Exacerbated ill health symptoms
- Disrupted sleep

Behaviours

- Overly exuberant
- Out of character behaviour
- Avoidance
- Using substances
- Overeating or undereating

What are Positive Coping Strategies?

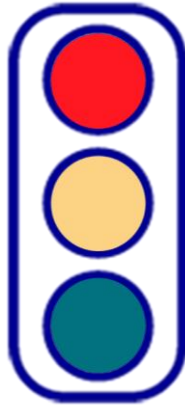
An action, a series of actions, or a thought process used in meeting a stressful or unpleasant situation or in modifying one's reaction to such a situation. Positive coping strategies typically involve a conscious and direct approach to problems.

American Psychological Association (APA), 2020



Traffic Light Approach

What does a green, amber or red look like to you? It might be helpful to have a traffic-light-type warning system that helps us judge how you are doing and whether a positive coping strategy is needed. This traffic light can then highlight any changes in how we think, feel or behave that we might otherwise miss or ignore, before the situation impacts us.



Top Positive Coping Strategies

- Protect yourself by considering your engagement with the media
- Consider your values, strengths and resources
- Try the Time Line Tool to identify your resources
- Get a balance of achievement, routine, necessary and pleasurable activities
- Consider using the Solution Finder Tool to overcome obstacles and help to initiate in new positive coping strategies into your life
- Get creative!
- Consider conscious breathing techniques
- Consider Progressive Muscular Relaxation
- Think humour!
- Catch the **cat**astrophes!
- Remember to take a helicopter

Six P's for Self-Management of Time

- Plan
- Perfectionist (don't be one!)
- Pass it on
- Put off
- Proactive (be!)
- Prioritise

Self Compassion

- How would you treat a friend?
- Forgive yourself



- Write a compassionate letter to yourself
- Use positive self talk, statements and affirmations
- Write a list of what you love about yourself

Immerse Yourself in Nature

Outdoors

- Think green spaces; garden, parks, open space

Indoors

- Think of bringing nature inside with plants
- Smells associated with nature (aromatherapy)
- Images and scenes of nature
- Guided imagery

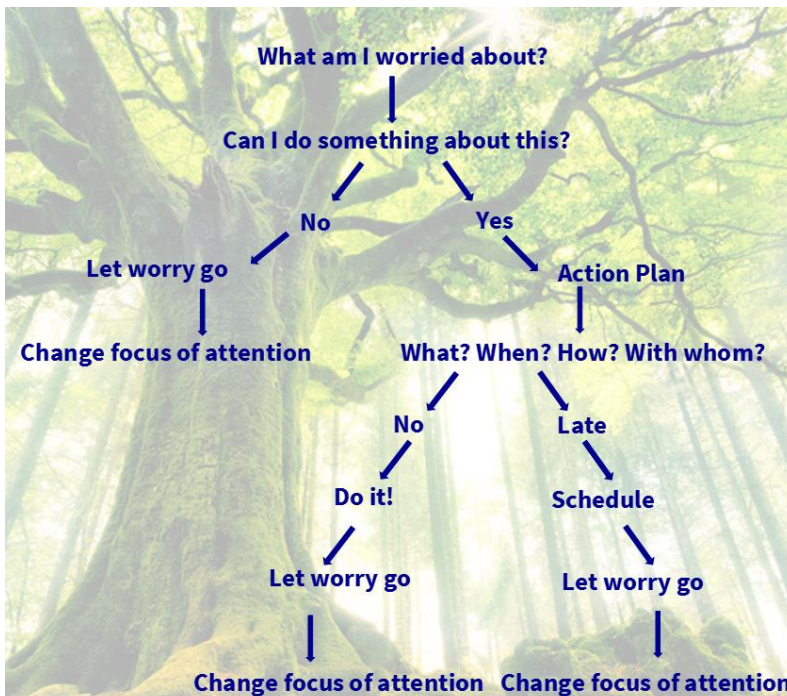
Writing

- Free-writing
- Diary writing
- Gratitude journaling
- Positive data journaling
- Positive future writing

Create a 'Happy Box'

- Use your senses; sound, touch, sight, taste, smell
- Write a list of support; people, organisations and services
- Use the contents of the box as-and-when you need it

Worry Tree





Tolerating Uncertainty

Think APPLE...

- Acknowledge
- Pause
- Pull back
- Let go
- Explore

Helping Others

- Communicate regularly
- Show empathy
- Reassure
- Listen
- Ask for help

Resources

Mental Health at Work

‘Whether you work with 10 people, 10,000 people or just yourself, paying attention to mental health in the workplace has never been more important. Mental Health at Work is here to help you find the information and resources you need.’

<https://www.mentalhealthatwork.org.uk/>

Mind

“We're Mind, the mental health charity We won't give up until everyone experiencing a mental health problem gets support and respect.”

Website: <https://www.mind.org.uk/> Email: info@mind.org.uk

0300 123 3393 (9am to 6pm, Monday to Friday)

World Health Organization

https://www.who.int/mental_health/in_the_workplace/en/

NHS Choices

<https://www.nhs.uk/conditions/stress-anxiety-depression/>