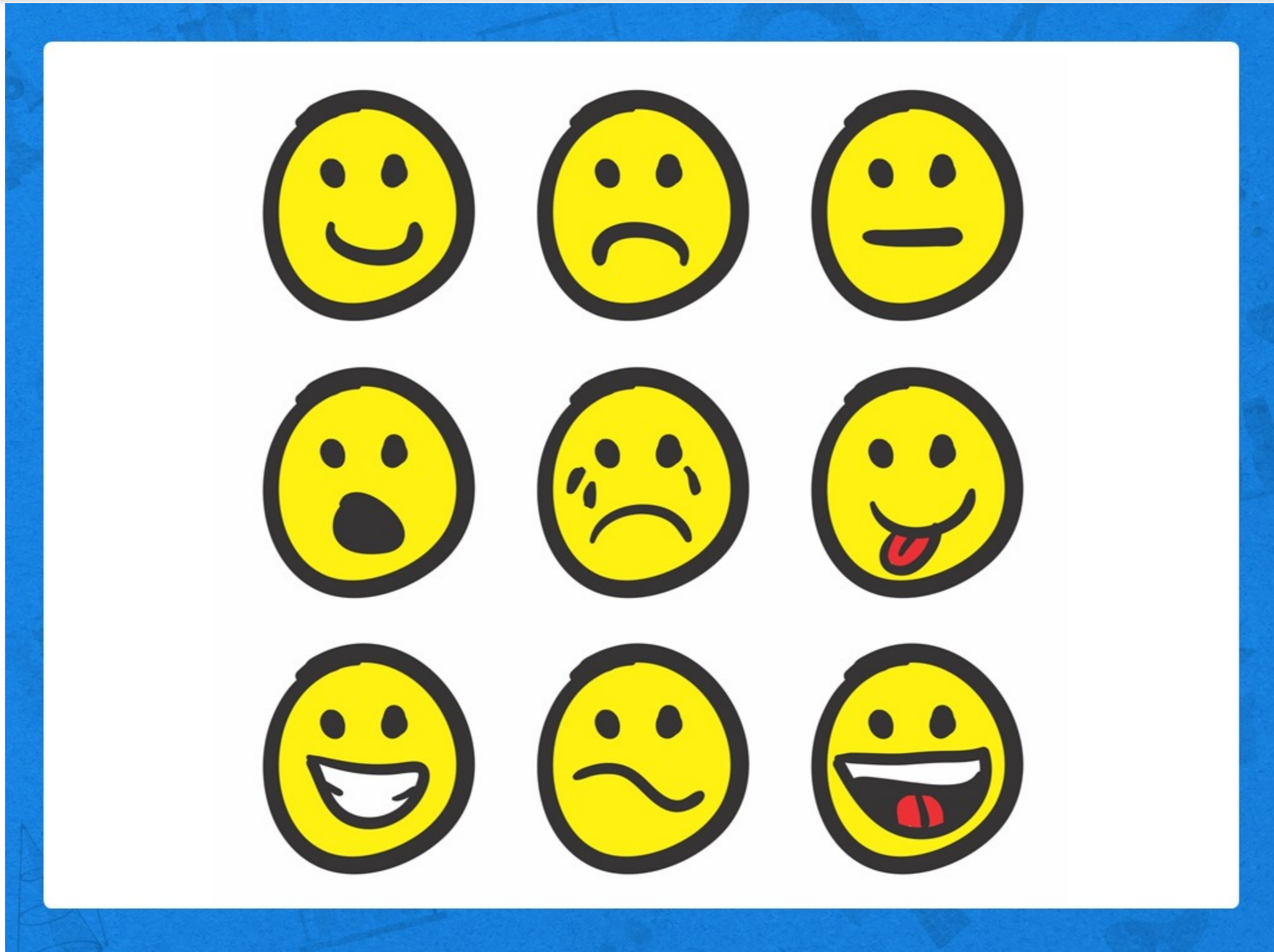


# Coping Strategies for Students and Educators

# Draw It

How are you feeling today? Take the pen found on the bottom left of your screen and choose a color. Put a check by the character that best describes how you're feeling.



# Intention Setting

Finish this statement

Right now, I will set aside my thoughts of....

By...

So I can...

PhD

Renee K. Van Norman,



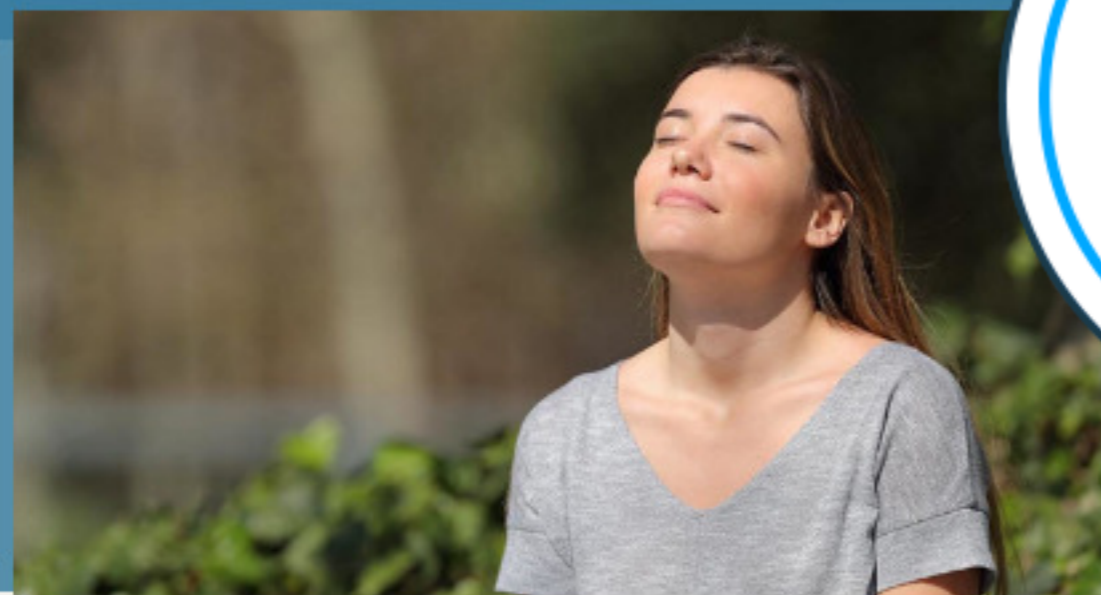
PROSOCIAL ACADEMIC INSTRUCTION

POSITIVE SCHOOL RELATIONSHIPS

MY WELL-BEING

STUDENT WELL-BEING

SCHOOL CHALLENGES



# Imagining Flourishing and Kindness: A Mindfulness Practice for Adults



[https://ggie.berkeley.edu/practice/imagining-flourishing-and-kindness-a-mindfulness-practice-for-adults/#tab\\_\\_2](https://ggie.berkeley.edu/practice/imagining-flourishing-and-kindness-a-mindfulness-practice-for-adults/#tab__2)

A mindfulness practice that helps you to

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# It's Important to Connect and Build Community

We also need to normalize stress and anxiety and look for ways to cope with these emotions.



**Let's get started!**

# Open Ended Question



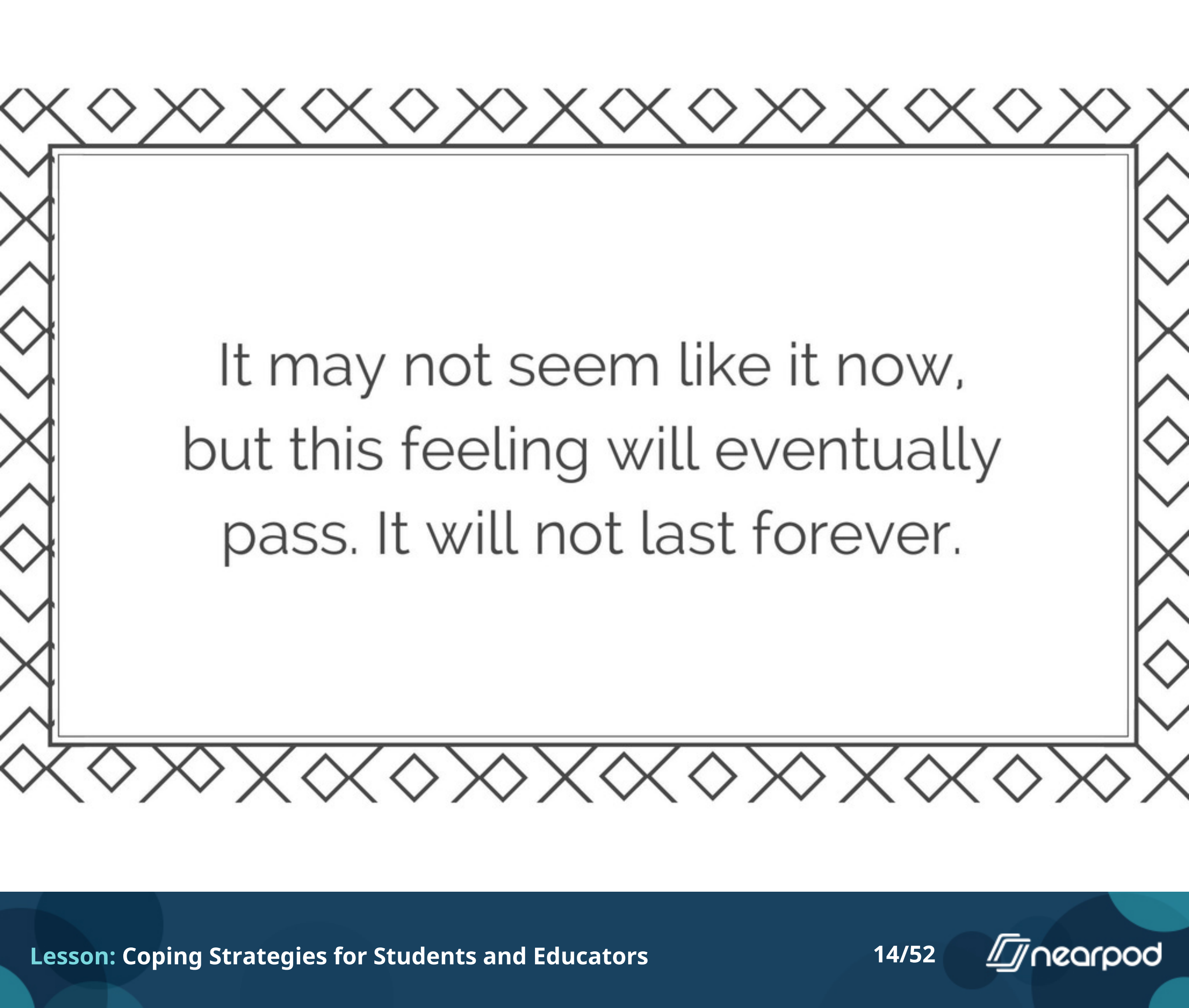
Describe something you're excited about OR something you're worried about today.  
Share whatever is on your mind!

# Open Ended Question

**How can kids in our school support one another socially and/or emotionally?**

# Coping Cards from Jaclyn Alper, MA, LPC

Pause and take some  
slow, deep breaths



It may not seem like it now,  
but this feeling will eventually  
pass. It will not last forever.

Resist the urge to isolate.

Reach out to a friend or family member. I may not feel like doing this right now, but I know that I usually feel better after I do this.

What am I worrying about?

How likely is this to occur?

Evaluate the evidence.




If I find myself focusing on negatives, I can counter this by identifying & writing down 3-5 positive things

positive things may include: what went well today, things I am grateful for, things I am looking forward to



Change is hard,  
but it's worth it



Making a mistake does not  
mean that I am a failure.

Everyone makes mistakes.



Zoom out - look at  
the whole picture

# Relaxation Technique: Visual Imagery

Close my eyes and imagine myself in a calm, peaceful setting, such as:



Resist urges to avoid  
anxiety-provoking situations

Avoidance may seem like an effective  
short-term strategy, but it maintains and  
worsens my anxiety over time.

The only way out is through

Face it and work through it in  
order to gain control over it

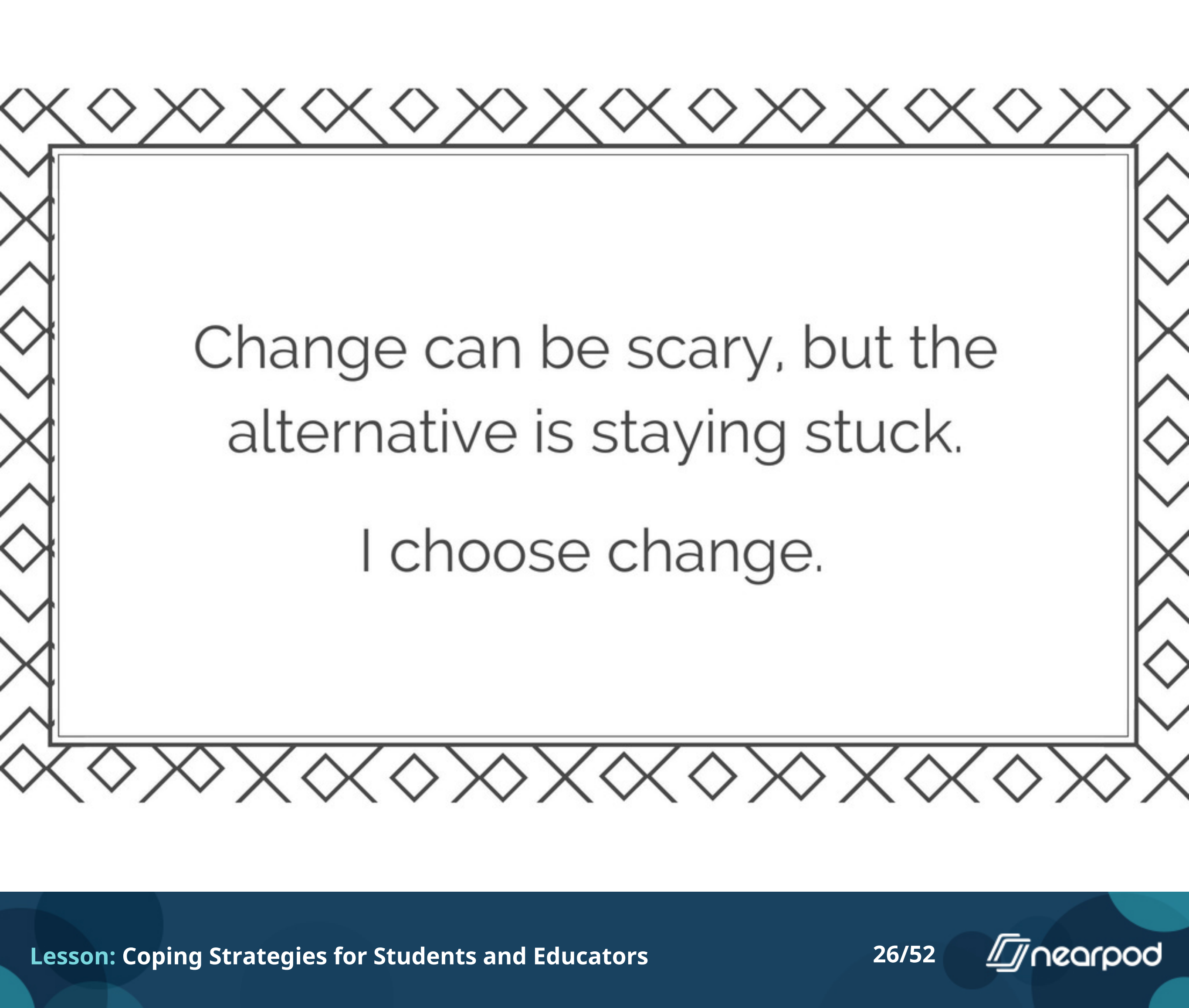
Self-criticism doesn't help, it just contributes to the problem by making me feel worse.

I will try to respond to my self-critical thoughts with self-compassion.



# LET IT GO

I will let go of anything that  
no longer serves me



Change can be scary, but the  
alternative is staying stuck.

I choose change.



I deserve to be happy.



Stop focusing on the past.

I can shift my attention to the present by practicing a mindfulness exercise.

Perfect isn't possible.

Remember to set reasonable goals;  
otherwise, I will inevitably be  
disappointed and unsatisfied.

# Challenge

## all-or-nothing thinking

Find the shades of gray  
between the black and white



This storm will pass.

## Panic Attack Tip: Ride it Out

- Label what I am experiencing as anxiety
- Accept it, do not fight it or try to control it
- Use grounding techniques
- Remember that this will not last forever
- It is unpleasant, but it will eventually pass



# 54321 Grounding Technique

Look around, identify & name:

5 things I see

4 things I physically feel


3 things I hear

2 things you smell

1 thing you taste

# Open Ended Question

Let's try the 5, 4, 3, 2, 1 grounding technique. What are you seeing right now (x's 5)?  
What are you physically feeling right now (x's 4)? Besides me, what are you hearing  
right now (x's 3)? What are you smelling (x's 2)? What are you tasting (x's 1)?



Progress is not linear  
Be patient & don't give up




I will not let my past  
define me.

I will try to observe my  
thoughts without  
judgment.

Use a healthy coping strategy:

- go for a walk
- write in a journal
- spend time coloring
- meditate
- listen to music



Tough days don't erase  
the progress I've made



Reduce physical vulnerability to  
overwhelming emotions by  
prioritizing balanced eating and  
balanced sleeping habits

It's okay to ask for help.

This is the time to check on an old friend.

# Open Ended Question

Based on some of the things you've heard today, is there anything new that you are willing to try when feeling stressed, anxious, lonely, isolated, etc.?

# Poll

## I feel that my school community is...

- Very Positive
- Somewhat Positive
- Neutral
- Struggling
- Disconnected

# Poll

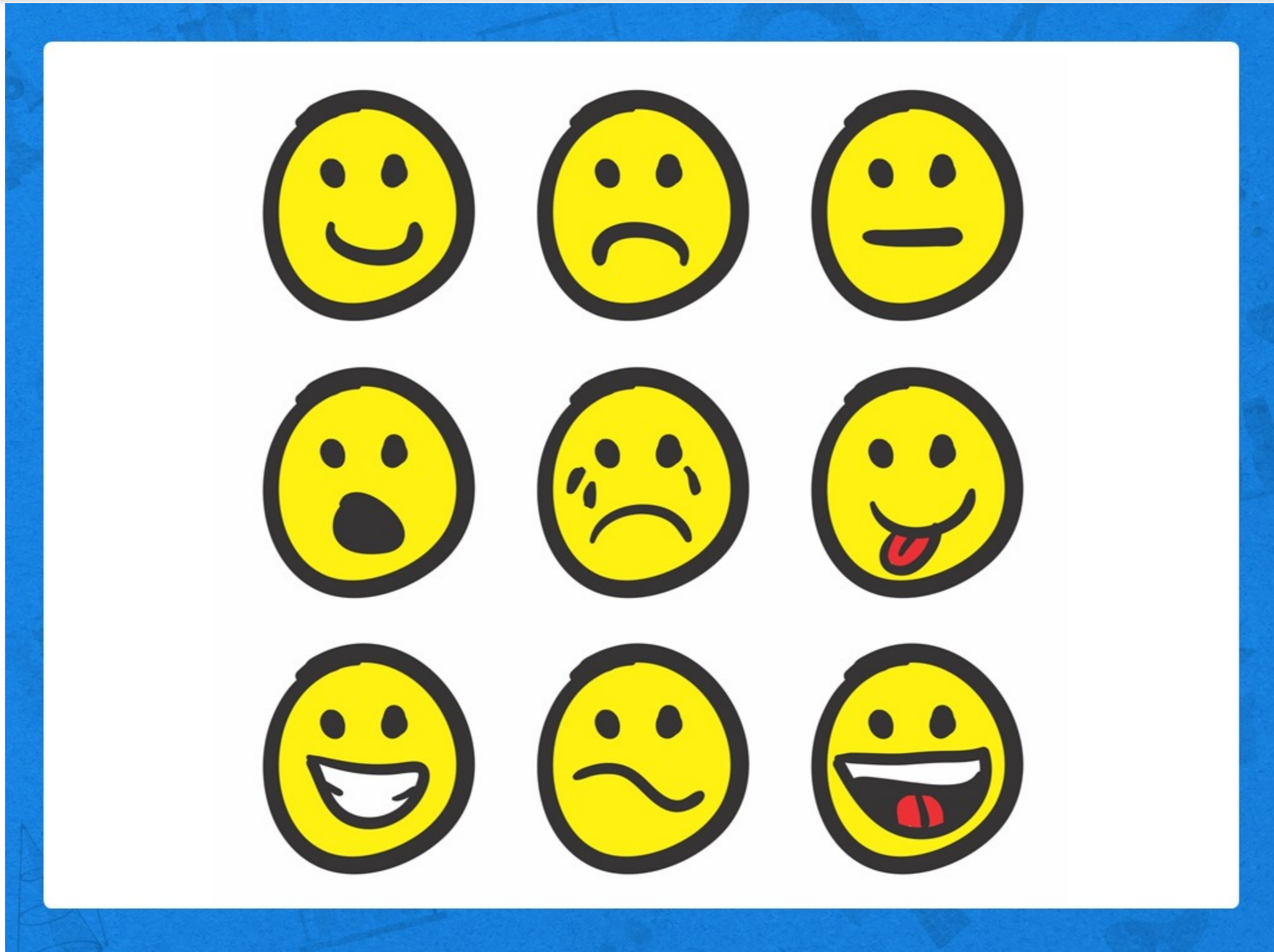


## **I feel that my peers and I need more information on:**

- Making Friends
- Making Healthy Choices
- Managing Anger/Frustration
- Setting and Accomplishing Goals
- How to Discuss What's Happening in Society That May Be Uncomfortable

# Draw It

How are you feeling today? Take the pen found on the bottom left of your screen and choose a color. Put a check by the character that best describes how you're feeling.



# Thank You!