COPE GROUP
(Cope, Organize, Prepare, Empower)

Facilitator:

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About the COPE Group

The focus of the COPE group is to create and maintain a coping skills plan. COPE is an acronym that stands for **C**OPE, **O**rganize, **P**repare, **E**mpower.

Attendees will work on a personalized coping skills plan for 5 sessions.

Session 1: Wellness Tools

Session 2: Daily Maintenance Plan

Session 3: Coping with Triggers, Opposite Action & Problem Solving

Session 4: Crisis Planning

Session 5: Looking to the Future and Identifying Strengths

Attendees may begin with any session in the progression and continue until all 5 sessions are completed. Sessions may be repeated. Sessions may be attended in any order.

Group Guidelines & Expectations

1. Confidentiality, confidentiality, confidentiality
   Please respect all fellow members' privacy. Any personal information shared in here should remain confidential in order for this to be a safe space. Class facilitators must maintain group confidentiality, with the exception of: threat/danger to self or others, suspected abuse of children/elders, or by court order. Kaiser MH clinicians work together and may share information for continuity of care purposes.

2. Avoid cross-talk
   Wait until someone has finished before you speak.

3. Ask for permission
   Before offering feedback, ask if the person is willing to hear it.

4. Communication
   Notify the group facilitator if you intend to leave the group early and not return.

5. No phones, please
   Turn your cell phones on silent mode or off.

6. Be respectful
   Please demonstrate respect towards fellow members. Racist, sexist, and other derogatory or vulgar language is considered threatening and makes people feel uncomfortable.

7. Triggers
   If you hear something in the group that you have a strong reaction to, write down your thought and ask the group facilitator if she can further discuss the thought or concern after group.

8. Notice commonalities
   Challenge yourself to notice similarities, not differences among members.

9. Group Attendance
   COPE is a drop-in group and you are welcome to attend as often as is helpful.

10. Agreement to do no harm
    Each member is responsible for his/her own behavior and will work toward preventing harm to self or others. This includes: no threats, disrespectful behavior, or violence. If you think you might hurt yourself or others, please call 911 or go to the Emergency Room of any hospital. You can also call the clinic at 415-491-3000 and be routed to an on-call staff or call center.

11. Substance Use

    All members are encouraged to abstain from alcohol and substance use. Please do not attend the group if you are under the influence of substances.

12. Participation

    Participation in group is strongly encouraged. Practice and incorporation of new skills will be an essential part of this class. To gain the most benefit, members are encouraged to work on their personalized coping skills plan both during and outside of class.

COPE GROUP

SESSION 1: WELLNESS TOOLBOX

Begin by making a list of all the things you already do, would like to do, or might want to try, to make yourself feel better, stay well, make your life the way you want it to be, and make your life worth living. This can be a long list, as long as you want it to be. These are your Wellness Tools. You will use these Tools to develop plans you can use every day to manage your life. You can add more Tools to this list whenever you discover them.

My Wellness Tools

My Wellness Tools

Building a Life Worth Living (ABC PLEASE)

Accumulating Positive Emotions

- **DO PLEASANT THINGS THAT ARE POSSIBLE NOW**
  - INCREASE PLEASANT EVENTS that lead to positive emotions.
  - Do ONE THING each day that is Pleasant.
  - Practice opposite action; AVOID AVOIDING.
- **BE MINDFUL OF POSITIVE EXPERIENCES**
  - FOCUS your attention on positive moments when they are happening. No multitasking.
  - REFOCUS your attention when your mind wanders to the negative.
  - PARTICIPATE and ENGAGE fully in each experience.
- **BE UNMINDFUL OF WORRIES (THANK YOUR MIND WHEN YOU HAVE THOUGHTS OF…)**
  - When the positive experience will end.
  - Whether you deserve this positive experience.
  - How much more might be expected of you now.

- **For long-term wellness, do the following**
  - **Step 1. Avoid avoiding.** Start now to do what is needed to build the life you want. If you are not sure about what to do, follow the steps below.
  - **Step 2. Identify values that are important to you.** ASK*:* What values are really important to me in my life?
  - **Step 3. Identify one value to work on now.** ASK*:* What is really important to me, right now, to work on in my life?
  - **Step 4. Identify a few goals related to this value.** ASK*:* What specific goals can I work on that will make this value part of my life?
  - **Step 5. Choose one goal to work on now.** Do pros and cons, if necessary, to select a goal to work on now.
  - **Step 6. Identify small action steps toward your goal.** ASK*:* What small steps can I take to get to my goal?
  - **Step 7. Take one action step now.**

Build Mastery

- **Do things that make you feel competent and effective to combat unwanted/unpleasant/difficult emotions**
  - Plan on doing at least one thing each day to build a sense of accomplishment.
  - Plan for success, not failure.
    - Do something difficult, but possible.
  - Gradually increase the difficulty over time.
    - If the first task is too difficult, do something a little easier next time.
  - Look for a challenge.
    - If the task is too *easy*, try something a little harder next time.

Cope Ahead of Time with Emotional Situations - Rehearse a plan ahead of time so that you are prepared to cope skillfully with emotional situations

- **Describe** the situation that is likely to prompt problem behavior.
    - **C**heck the facts. Be specific in describing the situation.
    - Name the emotions and actions likely to interfere with using your skills.
- **Decide** what coping or problem-solving skills you want to use in the situation.
    - Be specific. Write out in detail how you will cope with the situation and with your emotions and action urges.
- **Imagine the situation** in your mind as vividly as possible.
    - Imagine yourself in the situation now, not watching the situation.
- **Rehearse in your mind coping effectively.**
    - Rehearse in your mind exactly what you can do to cope effectively.
    - Rehearse your actions, your thoughts, what you say, and how to say it.
    - Rehearse coping effectively with new problems that come up.
    - Rehearse coping effectively with your most feared catastrophe.
- **Practice relaxation after rehearsing.**

PLEASE - Take care of your mind by taking care of your body

- **Treat Physical Illness**
    - Take care of your body. See a doctor when necessary. Take prescribed medication.
- **Reduce Loneliness by reaching out to supportive/healthy individuals**
    - Ask people in your life for help as needed.
- **Balance Eating**
    - Don't eat too much or too little. Eat regularly and mindfully throughout the day. Stay away from foods that make you feel overly emotional.
- **Avoid mood-Altering substances**
    - Stay off illicit drugs, and use alcohol in moderation (if at all).
- **Balance Sleep**
    - Try to get 7–9 hours of sleep a night, or at least the amount of sleep that helps you feel good. Keep to a consistent sleep schedule, especially if you are having difficulty sleeping.
- **Get Exercise**
    - Do some sort of exercise every day. Try to build up to 20 minutes of daily exercise.

SOCIAL SUPPORT TIPS

- Become an active member of a support group.
    - Support groups provide an opportunity to be with people who have similar problems, people who understand and can be mutually supportive.
    - They are a wonderful place to make new and lasting friendships.
    - They counter social isolation.

- Participate in community activities, special interest groups and other activity groups.
    - The hardest part is going the first time. Give yourself a pat on the back for getting there.
    - If you see the same person several times, suggest an activity of interest to both of you. If you enjoy being with this person, get together again.
    - Check for announcements of activities and events which interest you.

- Volunteer!
    - Find a worthy organization that needs help and lend a hand. It's an excellent way to meet new people while doing something nice for someone else and building your self-compassion. Many communities have an organization that coordinates volunteer opportunities.

- Keep in touch with friends and acquaintances.
    - Have a plan for your next time to get together. Get together for fun activities.
    - Make regular phone calls, send notes and cards, emails, text messages, and social networking to keep in touch with friends.
    - Help them out when you can, while still respecting your boundaries.

- Make mutual support a high priority!
    - Be there for others as much as they are there for you. If your supporter is not asking as much of you as you are asking of them, treat them to lunch or some other fun activity, or do them a needed favor.

EATING/DIET TIPS

The foods and other substances you put into your body may be affecting the way you feel. Many people have found that they feel much better, physically and mentally, when they pay attention to what they eat. You may find that you feel much better when your diet consists mostly of foods that are wholesome and natural. While it may seem that these foods are more expensive, when you choose them instead of junk foods the increase in your food bill will be hardly noticeable. The better the quality of your food, the more you'll enjoy it and absorb the nutrients in it. Do the best you can.

Common foods like sugar, fatty foods, salty foods, processed foods, and caffeine can make you feel worse. Food allergies and sensitives can cause or worsen poor health, too. Some of the foods people are most commonly sensitive/allergic to are: sugar, dairy, wheat, corn, soy, peanuts, gluten, tomatoes. Other foods can make you feel better or stronger. The best way to find out which foods are best and those that are not good for you is to learn all you can from self-help books and/or nutrition specialists, and then carefully experiment and notice the results.

If you feel your diet might be affecting the way you feel, try to become more aware of what you eat and drink. Notice how you feel on half-hour or more after you have eaten that food or had that drink. If you notice you don't feel very well, try eliminating if from your diet for a short time. Prepare interesting dishes using the foods that you've noticed you feel good after eating.

Remember too to eat enough. Eating helps us to think and respond more effectively.

SLEEP TIPS

People feel better when they sleep well. Your body needs time every day to rest and heal. If you often have trouble sleeping, either falling asleep or waking during the night and being unable to get back to sleep, some of the following ideas might be helpful to you:

- Go to be at the same time every night and get up at the same time every morning. Avoid "sleeping in" (sleeping much later than your usual time for getting up). It will make you feel worse.
- Avoid caffeine, nicotine, and alcohol, especially close to bedtime.
- If you are not asleep after 20 minutes, then get out of the bed. Find something else to do that will make you feel relaxed. If you can, do this in another room. Your bedroom should be where you go to sleep.
- Eat on a regular schedule and avoid a heavy meal prior to going to bed. Don't skip any meals.
- Eat plenty of dairy foods and dark green leafy vegetables.
- Exercise daily but avoid strenuous or invigorating activity before going to bed.
- Play soothing music that shuts off automatically when you are trying to get to sleep.
- Try having a small snack before you go to bed, something like a piece of fruit, piece of cheese, or cottage cheese so you don't wake up hungry in the middle of the night. Have a similar small snack if you awaken in the middle of the night.
- Take a warm bath or shower before going to bed.
- Place a drop of lavender oil on your pillow.
- Drink a cup of herbal chamomile tea or chamomile supplements before going to bed.
- Develop your own calming bedtime routine, starting an hour before you go to sleep.
- In the morning, get some natural light. Try to spend some time outdoors or in natural light early in the day.
- Consider talking to a doctor or psychiatrist.

Keys to success

- Start Small! Making small changes can have a large impact on your sleep. Don't try to do everything all at once. Instead, pick one or two strategies and try them consistently. When you're ready, try adding a new strategy. The goal is to slowly start increasing behaviors that can help you sleep, while reducing the things that are interfering with your sleep.
- Be Consistent. Pick a strategy and use it consistently. Try to do the same thing every night.
- Be Patient. These strategies can take time to improve your sleep. In fact, sometimes things can get worse before they get better. Hang in there and stick with it!
- Chart Your Progress. Use a Sleep Diary form to keep track of the strategies you're using and your weekly progress.

EXERCISE TIPS

Exercise is a great response to many difficult feelings and circumstances. Exercise helps reduce unpleasant feelings and improves your overall stamina and health while reducing stress. The right exercise can even be fun. The benefits of exercise include:

- Overall feeling of well-being.
- Enhanced ability to sleep, along with more restful sleep.
- Improved memory and ability to concentrate.
- Decrease in some uncomfortable feelings.
- Decreased irritability and anxiety.
- Improved self-compassion.
- Weight loss.
- Improved muscle tone.
- Increased endurance.
- Increased mobility.

You may discover that your daily exercise provides you with added benefits, such as being outdoors in nature or spending time with supportive individuals. Sometimes, it helps to have a reminder or reward for your exercise. It can also help to combine with another activity, such as reading or watching television while on a treadmill. Be creative!

Your exercise needs to be tailored to meet your specific needs. With some illnesses and disabilities, your ability to exercise may be limited or restricted in some ways. You may only be able to exercise for short periods of time. You may need to avoid strenuous activities. You may be able to exercise only some parts of your body. You may need to avoid moving some parts of your body. Keep these limitations, restrictions, and benefits in mind in your planning process. And check with your physician before beginning an exercise program.

Exercise options continue to increase. Many people choose to exercise at a fitness center where working out along with others provides incentive. However, exercise doesn't need to be costly. Inexpensive or free recreational activities will suffice. Almost everyone can find an activity that suits them. Remember, movement means exercise. Do the best you can!

RELAXATION RESOURCES

Kaiser Permanente Relaxation Podcasts
http://kp.org/guidedimagery

Guided Relaxation Exercises

Harry S. Truman Memorial VA Hospital, Relaxation Recordings,
http://www.columbiamo.va.gov/services/Relaxation_Recordings.asp

Dartmouth University, Health Promotion, http://www.dartmouth.edu/~healthed/relax/downloads.html

Guided Mindfulness Exercises

UCSD Center for Mindfulness, Mindfulness-based Stress Reduction,
http://health.ucsd.edu/specialties/mindfulness/mbsr/Pages/audio.aspx

San Francisco Acceptance and Commitment Therapy, http://sf-act.com/resources.php

Tara Brach, Meditation, Emotional Healing, and Spiritual Awakening,
http://www.tarabrach.com/audioarchives-guided-meditations.html

Insight Meditation Center, http://www.audiodharma.org/series/1/talk/1835/

Guided Self-Compassion Meditation, http://www.self-compassion.org/guided-self-compassion-meditations-mp3.html

Mindful Self-Compassion, http://www.mindfulselfcompassion.org/meditations_downloads.php

Headspace, http://www.getsomeheadspace.com/

DharmaSeed, www.dharmaseed.org, Collection of talks/teachings about Buddhism and mindfulness

Smart Phone Applications
Mindfulness Coach – National Center for PTSD
Relax Now Hypnotherapy
Calm by Calm.com
Headspace
Happier (Android & iOS)

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SESSION 2: DAILY MAINTENANCE PLAN

Feeling Well

On this page, describe yourself when you are feeling all right. Use descriptive words (e.g., bright, talkative, outgoing, energetic, humorous, reasonable, etc.) as well as notes about how you feel, think and behave when you are feeling ok (e.g., dress nicely, take a walk at lunch, respond to texts right away, tend to give others the benefit of the doubt, able to keep problems in perspective, feel confident about my ability to reach goals, etc).

If you can't remember, or don't know how you are when you are well, describe how you would like to feel, think, and behave.

Now when you aren't feeling very well, you can refer back to how you want to feel.

Daily Task List

On this page, describe those things that are important do ***every day*** to maintain your wellness. Use your Wellness Toolbox for ideas.

Writing these things down as a daily reminder to do them is an important step toward wellness. When you start to feel “out of sorts,” you can often trace it back to not doing something on this list.

Make sure you don't put so many things on this list that it becomes overwhelming or impossible to achieve. Remember, this is a list of things to do every day, not things that you would do just a few times a week, or once in a while. Following is a sample daily maintenance list:

- eat three healthy meals and three healthy snacks
- drink at least six 8-ounce glasses of water
- get exposure to outdoor light for at least 30 minutes
- take medications and vitamin supplements
- have 20 minutes of relaxation or meditation time
- spend at least half an hour enjoying a fun and/or creative activity
- check in with someone I care about for at least 10 minutes
- check in with myself: “how am I doing physically, emotionally, spiritually?”
- go to work if it's a workday

_____
_____
_____

_____
_____
_____
_____
_____
_____
_____

Reminder List (The "Do I Need To…?" List)

On this page, make a reminder list for yourself of things you might need to do on any given day to keep yourself well. ***Check this list daily*** to see if there is anything on it that would be important or helpful to do that day. You'll avoid a lot of the stress that comes from forgetting occasional, but important tasks. Write "Do I Need To?" at the top of this page and then list things such as:

- set up an appointment with one of my health care professionals
- spend time with a good friend or be in touch with my family
- do some housework
- buy groceries
- do the laundry
- have some personal time
- plan something fun for the evening or weekend
- go to a support group

Tools to Help You Stay on Track

The following pages contain worksheets that you can copy and use to help stay on track.

The first is a behavior tracking form; Just copy your daily and reminder lists from the previous pages and check off each day whether or not you completed the task. Monitoring your behavior will help you notice sooner if you are getting "off track," and give you the opportunity to make some adjustments.

The second worksheet is a weekly activity schedule. This can be used to help you plan when you are going to complete you're the tasks on your daily and reminder lists. Research shows that if you have an "appointment time" for each task, you are more likely to complete it!

Week of_____

TASK	SUN	MON	TUES	WED	THURS	FRI	SAT
DAILY LIST							
REMINDER LIST							

Week of _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 noon							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							

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SESSION 3: TRIGGERS, OPPOSITE ACTION AND PROBLEM SOLVING

Triggers

Triggers are planned or unplanned situations that cause uncomfortable, upsetting, or distressing emotions.

Triggers Action Plan

A Triggers Action Plan helps you to cope ahead with triggering situations by identifying effective coping skills in advance.

Triggers	Emotions	Coping Skills



Stop

Do not just react. Stop! Freeze! Do not move a muscle. Your emotions may try to make you act without thinking. Stay in control.

Take a step back

Take a step back from the situation. Take a breath. Let go. Take a deep breath. Do not let your feelings make you act impulsively.

Observe

Notice what is going on inside and outside you. What is the situation? What are your thoughts and feelings? What are others saying or doing?

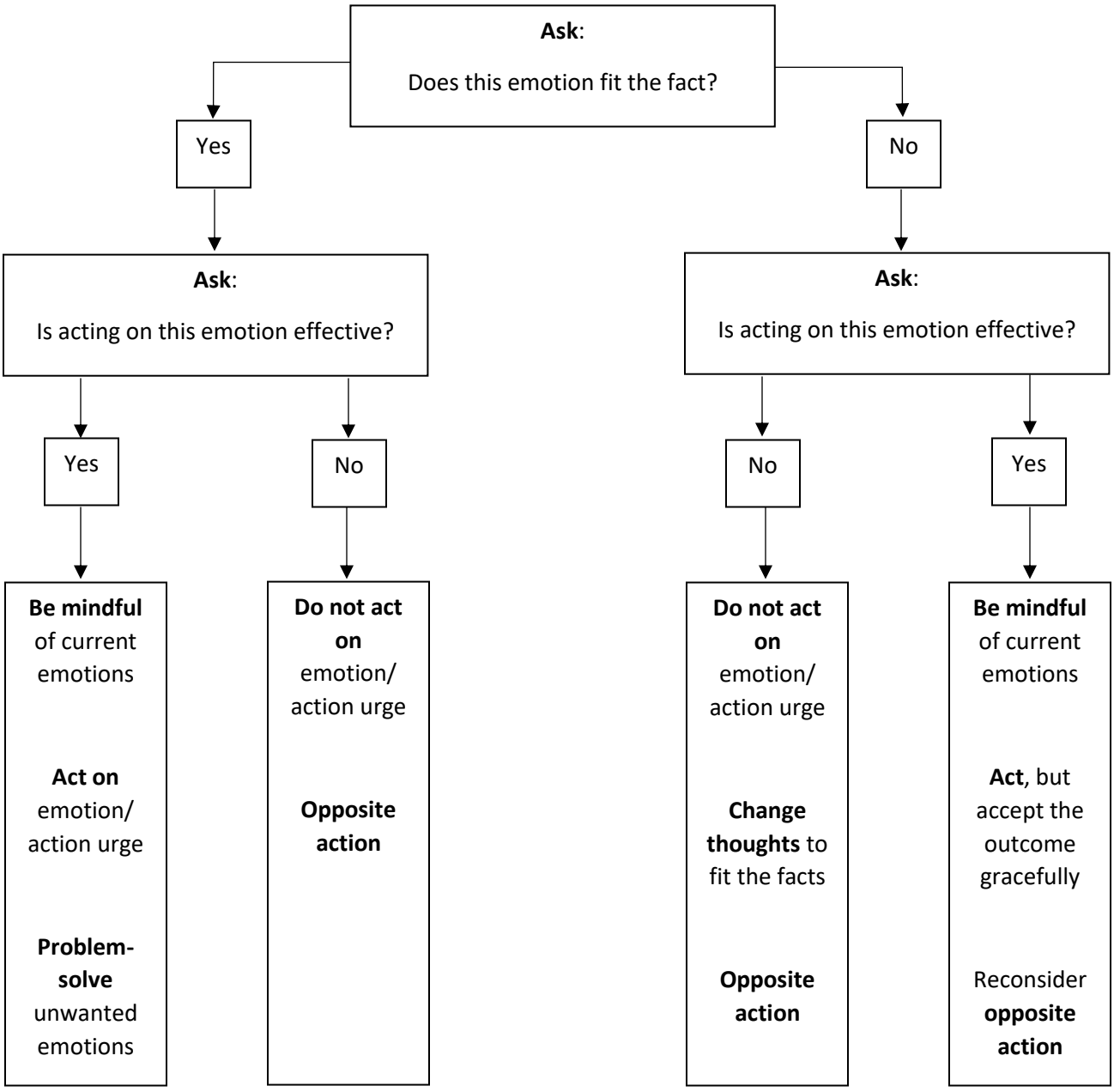
Proceed mindfully

Act with awareness. In deciding what to do, consider your thoughts and feelings, the situation, and other people's thoughts and feelings. Think about your goals. Ask Wise Mind: Which actions will make it better or worse?

What Skill to Use

Opposite action = Acting opposite to an emotion's action urge

Problem solving = Changing (solving) a problem event



Opposite Action

Use opposite action when your emotions do not fit the facts or when acting on your emotions is not effective.
Every emotion has an action urge. Change the emotion by acting opposite to its action urge.

Consider these examples.

Emotion	Action Urge	Opposite Action
Fear	Run away/avoid	Approach/don't avoid
Anger	Attack	Gently avoid/be a little nice
Sadness	Withdraw/isolate	Get active
Shame	Hide/avoid	Tell the secret to people who will accept it

HOW TO DO OPPOSITE ACTION STEP BY STEP

Step 1. Identify and name the emotion you want to change.

Step 2. Check the facts to see if your emotion is justified by the facts.
Check also whether the intensity and duration of the emotion fit the facts.
(*Example: "Irritation" fits the facts when your car is cut in front of; "road rage" does not.*) An emotion is justified when your emotion fits the facts.

Step 3. Identify and describe your action urges.

Step 4. Ask Wise Mind: Is expression or acting on this emotion effective in this situation?
If your emotion does not fit the facts or if acting on your emotion is not effective:

Step 5. Identify opposite actions to your action urges.

Step 6. Act opposite all the way to your action urges.

Step 7. Repeat acting opposite to your action urges until your emotion changes.

Opposite Action to Change Emotions Worksheet

Select a current or recent emotional reaction that you find painful or want to change. Figure out if the emotion fits the facts. If it does not, then notice your action urges; figure out what opposite actions would be, then do them. Remember to practice opposite action *all the way*. Describe what happened.

Emotion name: _____ Intensity (0-100) Before: _____ After: _____

Prompting Event for my emotion (who, what, when, where): What prompted the emotion.

_____

_____

Is my emotion (or its intensity or duration) *justified*? Does it fit the facts? Is it effective?

List the facts that justify the emotion and those that do not. Check the answer that is mostly correct.

Justified ☐ Not Justified ☐

_____ _____

_____ _____

Action Urges: What do I feel like doing or saying?

_____

Opposite Action: What are the actions opposite to my urges? What am I not doing because of my emotions? Describe both *what* and *how* to act **all the way** in the situation.

_____

What I did: Describe in detail.

_____

How I did it: Describe body language, facial expression, posture, gestures, thoughts.

What *aftereffect* did the opposite action have on me (my state of mind, other emotions, behavior, thoughts, memory, body, etc.)?

_____

Problem Solving

Step 1. Figure out and describe the problem situation.

Step 2. Check the facts (all the facts) to be sure you have the right problem situation!

- *If your facts are correct and the situation is the problem,* **continue with Step 3.**
- *If your facts are not correct,* **go back and repeat Step 1.**

Step 3. Identify your goal in solving the problem.

- Identify what needs to happen or change for you to feel OK.
- Keep it simple, and choose something that can actually happen.

Step 4. Brainstorm lots of solutions.

- Think of as many solutions as you can. Ask for suggestions from people you trust.
- Do not be critical of any ideas at first. (Wait for Step 5 to evaluate ideas.)

Step 5. Choose a solution that fits the goal and is likely to work.

- If you are unsure, choose two solutions that look good.
- Do pros and cons to compare the solutions.
- Choose the best to try first.

Step 6. Put the solution into action.

- Act! Try out the solution.
- Take the first step, and then the second . . .

Step 7. Evaluate the results of using the solution.

- *It worked?* **Yay!!!** *It didn't work?* **Go back to Step 5** and choose a new solution to try.

Problem Solving to Change Emotions Worksheet

Select a prompting event that triggers a painful emotion. Select an event that can be changed. Turn the event into a problem to be solved. Follow the steps below and describe what happened.

Emotion Name: _____ Intensity (0-100) Before: _____ After: _____

1. What is the problem? Describe the problem prompting your emotions. What makes the situation a problem?

_____
_____
_____

2. Check the facts to make sure you have the right problem. Describe what you did to be sure of your facts.

_____
_____

Rewrite the problem if needed to stick with the facts.

_____
_____

3. What is a realistic short-term goal of your problem solving? What has to happen for you to think you have made progress?

_____
_____
_____

4. Brainstorm solutions: List as many solutions and coping strategies as you can think of. Don't evaluate**!**

_____
_____
_____
_____
_____
_____

(continue to next page)

5. Which two ideas look best (are most likely to meet your goal, are possible to do)?

1._____ 2._____

Solution 1 PROS	**Solution 2 PROS**
Solution 1 CONS	**Solution 2 CONS**

6. Choose the solution to try; list the steps needed; check the steps you do and how well they work.

Step	**Describe**	**✓Done**	**What happened?**
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____

7. Did you reach your goal? If so, describe. If not, what can you do next?

_____
_____
_____

Is there now a new problem to be solved? If yes, describe, and problem-solve again.

_____
_____
_____

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SESSION 4: CRISIS PLANNING

Signs of Danger Versus Safety

Listen to the messages your behavior is sending you! What are your red and green flags? Check below:

Red Flags	Green Flags
Danger	Safety
Isolation	Spending time with supportive people
Not taking care of my body (food, sleep)	Taking care of my body
Fights with people	Able to get along
Too much free time	Structured schedule
Destructive behavior	Behavior under control
Feel stuck	Feel I'm moving forward
Lying	Honesty
Negative feelings acted out	Negative feelings expressed in words
Canceling treatment sessions	Attending all treatment regularly
Stop taking medications as prescribed (either too much or too little)	Taking medications as prescribed
Passive ("Why bother?")	Active coping
Cynical/negative	Realistic/positive
Not learning new coping skills	Learning new coping skills
Become physically sick	Stay physically healthy
Believe treatment is unnecessary	Believe treatment is necessary
Cannot hear feedback	Listen to feedback
Too much responsibility	Appropriate responsibility
Think people are trying to make me look and feel bad	Feel okay around people
Stop caring; stop trying	Care and try
Arrogant euphoria	Realistic concern
Absent from work/school/obligations	Attend work/school/obligations
Other red flags?	Other green flags?

Safety Plan

Fill in the safety plan using the following as an example

Mild Danger (starting to show distress)	What I Will Do to Stay Safe
• Eating poorly • Missing treatment sessions • Getting cynical and negative	• Attend safe social meetings • Tell therapist what I'm feeling • Call my friend and talk with them

Red Flags	*Safety Plan*
<u>Mild</u> Danger (Starting to show distress)	**What I Will Do to Stay Safe**
<u>Moderate</u> Danger (Getting serious – watch out)	**What I Will Do to Stay Safe**
<u>Serious</u> Danger (Emergency!!)	**What I Will Do to Stay Safe**

Your Support System

List people you would feel comfortable assuming your care when you are in crisis. They can be family members, friends, or caregivers. Have at least five people on this list. You may want to name some people for certain tasks like taking care of your children or paying bills, and others for tasks like staying with you and taking you to health care appointments

Name _____ Connection/role _____ Tel # _____

Name _____ Connection/role _____ Tel # _____

Name _____ Connection/role _____ Tel # _____

Name _____ Connection/role _____ Tel # _____

Name _____ Connection/role _____ Tel # _____

What Supporters Need to Know

What I Might Do	Helpful Response
Talk about hurting or killing myself	*Remind me that life is worthwhile and that things can change. Take away my keys and hold my medications. Stay with me. Call 911 or take me to the emergency room if necessary.*
Talk faster than usual – say that I have the answers for the world's problems	*Stay calm. Stay with me. Confirm that I'm taking my medication. Call my psychiatrist.*

Treatment Team and Medication

Share this information with your Support System. *Please complete Releases of Information (ROI) for any clinicians you see outside of Kaiser Permanente.*

Therapist _____ Tel # _____

Psychiatrist _____ Tel # _____

Physician _____ Tel # _____

Pharmacy Address and Tel # _____

Kaiser San Rafael Psychiatry 415-491-3000 Petaluma Psychiatry: 707-765-3565

National Suicide Prevention Lifeline 1-800-273-8255

National Domestic Violence Hotline 1-800-799-7233

List the medications you are currently taking and why you take them.

Medication	Condition being treated

List Medications that should be avoided and why.

_____

_____

_____

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SESSION 5: IDENTIFYING STRENGTHS AND LOOKING TO THE FUTURE

Positive Traits and Qualities

Being able to identify your positive traits and qualities has been shown to increase self-esteem, which has been linked to resiliency, or the ability to overcome life's challenges. Read over the following list and circle the traits that apply to you. Feel free to add any that might have been missed.

Kind
Intelligent
Hardworking
Loyal
Attractive
Down-to-Earth
Goofy
Creative
Accepting
Strong
Friendly
Flexible
Nurturing
Thoughtful
Confident
Optimistic
Respectful
Determined
Skilled
Helpful
Motivated
Insightful

Funny
Patient
Realistic
Honest
Generous
Modest
Serious
Independent
Trusting
Resilient
Cheerful
Self-Directed
Reliable
Relaxed
Listener
Brave
Decisive
Enthusiastic
Forgiving
Humble
Sensitive
Organized

Selfless
Practical
Mature
Focused
Courteous
Grateful
Open-Minded
Positive
Responsible
Cooperative
Frugal
Tolerant
Innovative
Balanced

Other:

_____
_____
_____

Positive Experiences

Another way to improve well-being and resiliency is to write about past accomplishments, or times when you have demonstrated positive traits and qualities. Using the list from the previous page, choose 4 of the positive traits you circled, and write about a time when you embodied the trait. Remembering these experience will help to remind you of your potential or "best possible self" when life becomes challenging.

Trait: _____
Experience:_____
_____
_____
_____

Trait: _____
Experience:_____
_____
_____
_____

Trait: _____
Experience:_____
_____
_____
_____

Trait: _____
Experience:_____
_____
_____
_____

Setting Life Goals

Having clear goals has been shown to help with motivation and to improve treatment outcomes.

The worksheet on the next pages lists 10 life domains. For each domain listed, consider how important it is to you (0 = not important at all; 10 = most important), write down what you are already doing well, and identify your short-, medium-, and long-term goals.

Use the comments section to make notes about how you might overcome obstacles toward achieving your goals, and/or about personal strengths and positive past experiences that would be helpful to remember as you work toward these goals.

When creating your goals, remember the **SMART** acronym.

S = Specific (Avoid vague goals; make sure that the goal is action-oriented.)

M = Measurable (How will you know when you have achieved your goal?)

A = Achievable (Is the goal is realistic, given your time and resources?)

R = Relevant (How will the goal make a difference? Is it in line with your values?)

T = Time-Limited (Try to set a time by which you want to achieve your goal.)

Life Domain	Priority (0-10)	What I'm Doing Well	Short-Term Goal (days/weeks)	Medium-Term Goal (weeks/months)	Long-Term Goal (months/years)	Comments
Physical Wellbeing						
Family relationships						
Partner/ intimate relationships						
Friendships/ social relationships						
Employment						

Life Domain	Priority (0-10)	What I'm Doing Well	Short-Term Goal (days/weeks)	Medium-Term Goal (weeks/months)	Long-Term Goal (months/years)	Comments
Parenting						
Education/ Personal Growth						
Recreation						
Spirituality						
Citizenship/ Community						