

# FUTURE IN FOCUS WORKSHOP SERIES

*Workshop 2 – Coping Skills & Strategies*



**Future to Discover**



Future to Discover

## Norms

In order to get the most out of these workshops...

### **PARTICIPATE**

Ask questions, give opinions, express concerns

### **COLLABORATE**

Share ideas, work together, offer suggestions

### **RESPECT EACH OTHER**

Listen to each other, hear differing opinions, walk in each other's shoes

### **BE ENGAGED**

Be on time, actively participate, do work between sessions

### **HAVE FUN**

Relax and take all you can from the sessions



## Objectives

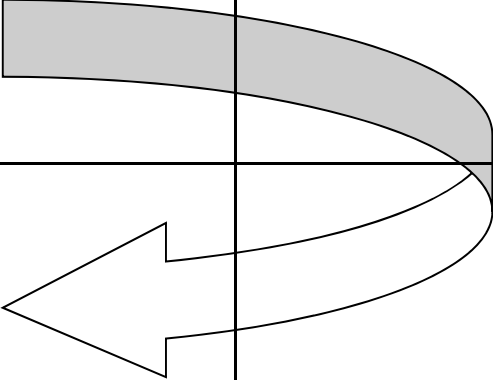
- To introduce the idea of “bouncing back” or being able to continue moving in a positive direction when we encounter stressful or challenging events
- To examine skills and approaches that help us to effectively bounce back
- To examine habits and approaches that may actually increase stress and stop us from bouncing back - just in case we are holding onto some of these!
- To explore real life challenges often faced by people in their first year after high school and to find ways to overcome them
- To explore balance in our lives



# Situation Thoughts Feelings Actions

<p>One skill taken away from company</p>	<p>This is going to be impossible now!</p> <p>We can still do this.</p> <p>What an unfair thing to do! You don't change the rules mid-stream!</p> <p>I'm out of here!</p>	<p>Discouraged</p> <p>More Motivated Determined</p> <p>Helpless in the face of an unfair situation</p> <p>Angry and Annoyed</p>	<p>Give up</p> <p>Work as a team to complete the task</p> <p>Yell at facilitator</p> <p>Storm out of the class</p>
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SITUATION	THOUGHTS/ FEELINGS	ACTIONS	CONSEQUENCES (Results)
<p><b>STOP</b></p>	<p>Take stock of my first thoughts and feelings</p> <p>Remember "I have a choice"</p>	<p>Choose an action that will move me in the direction of my preferred future</p>	<p>Move a step closer to my preferred future</p>



# The Wheel

