

# The Coping Skills App



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# The Daily Spiritual Walk

Change your life by focusing on being happy and relaxed one day at a time



1. Positive activities- The 4 L's (love, labor, learning, leisure).
2. Spirituality- maintain the positive emotions of love, peace, and joy.
3. Truth- focus on keeping thoughts logical and positive.
4. Meaning- Be involved in good causes. Be passionate about developing talents.

# Maintain a Healthy Lifestyle for Good Emotional and Physical Health



- Prayer and scripture study
- Engage in regular exercise
- Relax and take breaks
- Get a good night's sleep
- Drink lots of water
- Maintain a healthy diet (Eat in moderation, avoid too much sugar, drink lots of water, eat fruits and vegetables)

# Schedule Happiness In



1. Begin your day with prayer and scripture study.
2. Plan activities in the areas of the “4 Ls” that are constructive and edifying.
3. Motivate yourself by remembering that putting spirituality first will change your life.
4. Build good habits by setting small, achievable goals.

# Stay Emotionally Balanced



Notice when you feel depressed, tense, or negative and try to quickly regain your positive focus.

First analyze your inner needs: tired, bored, hungry, lonely?

Next, consider if problem-based negative emotions have crept in: Angry, anxious, depressed, guilty, frustrated, shame.

# What's in Your Heart?

Play detective- discover what thoughts are causing the negative emotions. If unsure, use the magic list method.

## Magic List Method



1. Tell your inner self you would like to know what the issues of concern are.
2. Write on a piece of paper the five greatest possibilities for what could be bothering you. Be creative and try to not censor anything.
3. Slowly read the list out loud to yourself.
4. As you read the list, note which issues bring forth the greatest levels of emotion. (This is how the inner self communicates about its troubles.)

# Tied Down with Negative Thoughts?



HE FOUND THAT HIS ARMS AND LEGS WERE TIGHTLY FASTNED TO THE GROUND.

# Observation



Avoid struggling with unwanted thoughts. Just observe them and watch them **slide by** like clouds in the sky.

# Distraction through Activities

- Music
- Exercise
- Reading
- Art
- Socializing
- Work
- Playing with pets
- Games



# Learn to Surf the Waves of Negativity



# Commentary



We can make comments that provide a better perspective and give ourselves permission to let go and move right on.

# Critical Thoughts (judging)

“Thanks for your help wicked witch!”



# Angry Thoughts

“Whoa, Hulk. Take a chill pill!”



# Overanxious Thoughts

“The sky is falling! The sky is falling!”



# Negativity



I am pretty sure no one is having a worse day than I am!

# Defusion Techniques

- Picture thoughts floating away on leaves on a stream (or on a conveyor belt.)
- Repetition – e.g. Lemon, lemon, lemon or Milk, milk, milk.
- “I notice I’m having the thought that .....
- Hear thoughts sung to Happy Birthday – or other tunes.
- Radio or baseball play-by-play announcer. “It’s the top of the fifth inning. Joe is having a meltdown.”
- Thank your mind. “Thank you mind for that interesting thought.”
- Naming the story. “Here is another ‘I am such a terrible person’ story.”
- Say thoughts ultra-slow or fast, or in a silly voice.

# The Contemplation Hour

People easily fall into a trap of feeling sad, angry, or guilty about the past and anxious or hopeless about the future. In short, they make themselves miserable by focusing on things they have little control over.

We can change our lives by choosing how much time to spend dwelling on problems each day. One hour per day or less is recommended.

*OK that's enough on that problem. I can't do anything about it right now. I need to keep busy and move on. I'll think about it tomorrow.*

# Acceptance of Reality

## The Serenity Prayer

God grant me the ability to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

# Stay Positive

## Examples of Turning Thoughts

I will never be able to learn this.

- I can try. If I take it one step at a time it might begin to make sense.

No one at the party will talk to me.

- I can say hello to people and see what happens. There are friendly people everywhere.

No one is hiring. Why even bother looking?

- The situation may be difficult, but the more businesses I approach the better the chances.

# Correct Thinking Errors

**Negative emotions spring mainly from false thoughts and beliefs.**

- *As a man thinketh in his heart, so is he. (Proverbs 23:7)*
- *Let thy bowels also be full of charity towards all men, and to the household of faith, and let virtue garnish thy thoughts unceasingly; (D&C 121:45)*
- *And ye shall know the truth, and the truth shall make you free. (John 8:32)*

# Exaggeration

Is it really that big?



# Judging and Labeling

Labels are for soup cans

*“Stupid, worthless, jerk, hopeless, loser”*



# Not Accepting Reality

If we just run faster, we will get out of here.

*I can't believe he did that, what a jerk!*

*I should have done better on that test.*

*I feel so hurt she did not want to be my friend.*



# Predicting

Are you 100 percent sure this will happen?

*I'll never get a job. I have no experience.*



# The Editing Technique

- a) Write out your distressing thoughts about the problem of concern.
- b) Cross out lines containing exaggerating, judging and labeling, denial of reality, or predicting from your self-talk.
- c) Use the Key Thoughts Guide below to correct your thinking:
  - What are some logical and rational statements I can make to help me view this problem more clearly?
  - Am I being positive in my attitude? What are some encouraging declarations I can make? What things are working in my favor?
  - If the worst did come to pass, how could I handle it constructively?
- d) Read the new statement five times.

# Self-Worth Protection Formula



1. Is this criticism 100% accurate, or do I just strongly *feel* that way? What is the evidence that it is not totally true?

2. I can practice humility and accept my weaknesses so the Lord can help me make them strengths.

I am not as effective in \_\_\_\_\_ as I would like to be.

I could improve by \_\_\_\_\_.

3. I know I have worth. I am a child of God. In his loving eyes, all have equal value and great potential. I can increase in knowledge and continue to progress.

# The Anger Management Card



1. Why is the person acting this way—bad mood, not understanding the situation clearly, personality trait?
2. What did I do to possibly contribute to the problem?
3. What emotion lies beneath my anger—frustration, hurt, jealousy, resentment, guilt, or insecurity?

4. What rule of mine is this person breaking? Does he have the same standard? Can I accept his behavior and not judge him?
5. Am I being fully logical about this problem, or do I need to calm down or take a time-out in order to think more clearly?
6. What would the likely consequences be if I express my anger? Considering these consequences, would acting out be worth it in 30 days?
7. Is there any solution or compromise that would resolve this situation, or should I just let it go? What would Jesus do?
8. What could I say to appropriately express my feelings?