

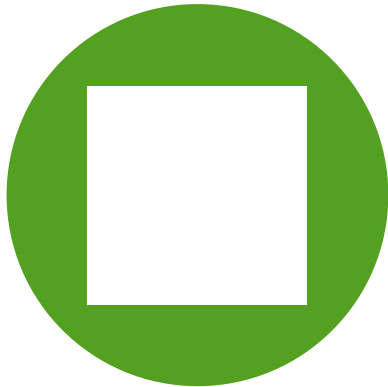


**Wellness and  
Resiliency  
Coping hacks**



**STRESS IS A NORMAL  
PART OF LIFE, BUT  
LATELY DUE TO THE  
PANDEMIC IT MAY  
SEEM TO BE OUT OF  
CONTROL  
HERE ARE SOME  
EVERYDAY HACKS TO  
HELP YOU DEAL**

# Wellness and Resiliency Coping Hacks



**SOCIAL EMOTIONAL  
LEARNING**



**SEEKING SUPPORT WHEN  
NECESSARY**



**REIVER BELIEFS  
SAFETY + RESPECT**

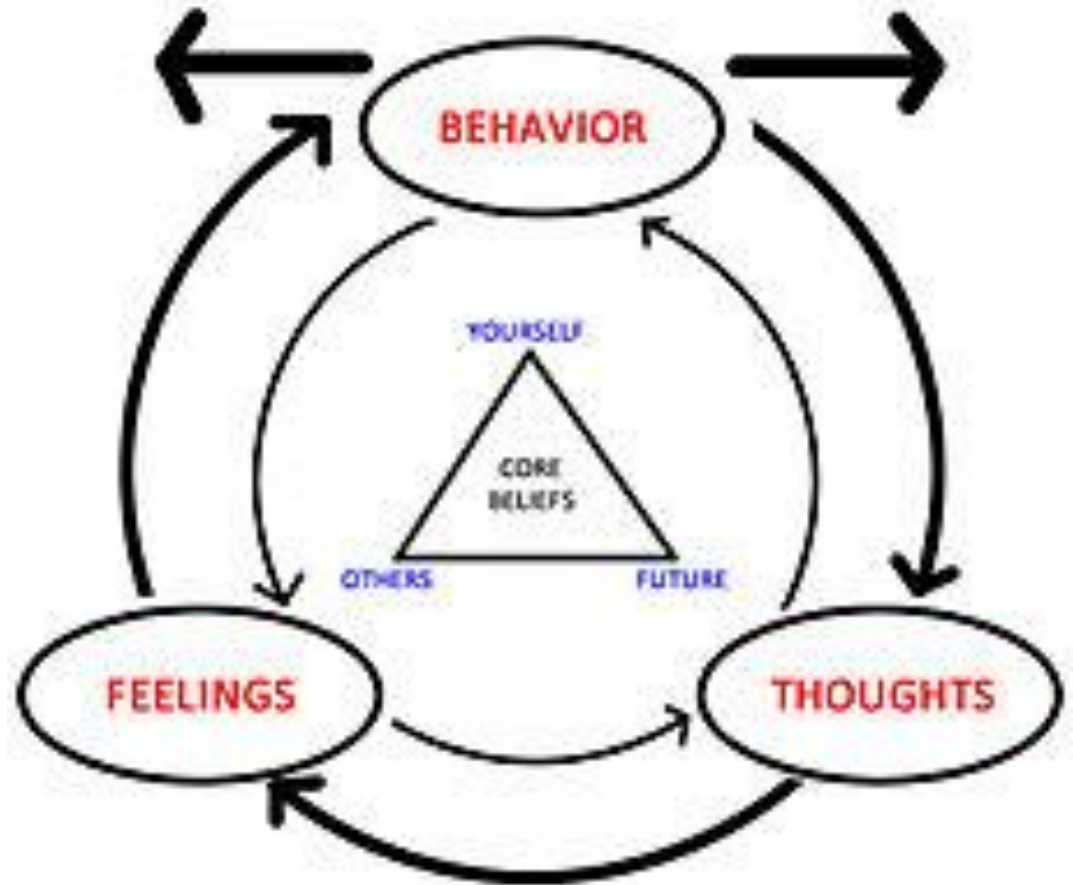
# SELF AWARENESS

- ▶ SELF REGULATION AND MANAGEMENT



# Self awareness

- ▶ the ability to be aware of one's **emotions** and **thoughts** and their influence on **behaviour**
- ▶ recognizing that our thoughts, feelings and behaviour are all things we can change to help ourselves feel more in control and not so overwhelmed



# Feelings and thoughts all start in the brain - neuroscience

► <https://www.youtube.com/watch?v=2xeDcPBD5Fk>



# SELF AWARENESS

- ▶ How are you feeling?
  - ▶ What are you thinking?
  - ▶ What are you doing?
- 
- ▶ Are you self aware? Try to pay attention to your thoughts, feelings and behaviour and recognize how they impact you..... being self aware is the first step to becoming more resilient.





## Stress Hacks

**What are some strategies/hacks that you use to help control your emotions?**



## Emotions and Self control

### Coping hacks

- ▶ Recognize your feelings + name them
  - ▶ Just being able to identify your feelings helps you feel more in control of them
  - ▶ Understand that you are the observer, creator and choice maker of your thoughts and feelings
  - ▶ You can do certain things to help manage them
  - ▶ Remember that your thoughts and feelings come and go just like clouds in the sky and if you can take a moment to allow them to be there - scary or stressful feelings often subside, but when they don't you can take an active approach



# Meditation - deep breathing hacks



**Focusing on your breath  
(or a mantra - So Hum  
or I am)**



**Or just breathe slowly and  
count your breaths**



**Helps your body calm down by  
relaxing the vagus nerve that  
runs from your brain to your  
stomach and out through your  
body that controls your brain  
and nervous system**

## Hot chocolate breathing meditation

Close your eyes and imagine you are in the most comfortable chair holding a mug of hot chocolate

1. Breathe in through your nose to a count of 4 imagining what the hot chocolate smells like and what it will taste like
2. Breathe out slowly to a count of 4 through your mouth imagining you are blowing gently on the hot chocolate to cool it down
3. Repeat until you feel calm
4. Practice as many times a day/week that you like - the more you do the better you become at being calmer quicker
5. It helps calm down the vagus nerve and thus helps the brain and whole body relax



# Other coping hacks - that work

## ◦ Talking about it - really!



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To someone you trust

- Friend
  - Family member
  - Counsellor
  - Helpline
- 
- Sometimes just talking about your worries and your stress helps you feel more in control over them - they don't ruminate in your mind - going over and over and over again - when you express them - there is a genuine release
  - Make sure you find someone who will listen well - not just offer advice, but listen intently and fully to your concerns



## Other Coping Hacks for self awareness and management

### ▶ Express yourself through Art

- ▶ Painting
- ▶ Drawing
- ▶ Sketching
- ▶ Sculpting
- ▶ Writing

### ▶ Express yourself through Music

- ▶ Listen to music
- ▶ Create music
- ▶ Sing



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## SELF AWARENESS/REGULATION CHALLENGE

**Pay attention to your emotions  
this week and figure out which  
hacks might work for you.**