



Adaptive Coping Strategies & Self Care Apps


Kim Waterman, ASW
Kaiser Permanente

3/24/2022

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Agenda

- Introductions
- Why we need coping strategies
- Problem-Based vs. Emotion-Based Coping
- Helpful vs. Unhelpful Coping Strategies
- Types of coping strategies & examples
- App-Based Support



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A little about you, a little about me



Kim Waterman, ASW (She/Her)

- Associate Social Worker & graduate from Sacramento State's Master's in Social Work Program
- Adult Outpatient Therapist in Kaiser Permanente's Mental Health Fellowship Program
- Interned as a therapist at Sac City College Health Services and worked in student services at Sacramento State
- Interned in crisis residential program at Turning Point community programs and served in human services at the County of Sacramento

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Today

- Show up in the way that feels most comfortable
- Feel free to share your experiences and ask questions in the chat or verbally
- Sharing your knowledge and experience is a wonderful part of learning, but there is no pressure to share




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| <h2>Breathe & Settle</h2> <p>Diaphragmatic Breathing and Concentration Practice</p> |  |
| <p><small>This Photo by Unknown Author is licensed under CC BY</small></p> | |

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| <h2>Coping skills are the ways we manage intense emotions</h2> |  |
| <h3>Why do we need coping skills?</h3> <ul style="list-style-type: none"> -When we're overwhelmed or depressed, we often find it more difficult to solve problems. -Fight or Flight vs. Rest & Digest -Hindbrain in the driver's seat -Coping skills help us to respond thoughtfully rather than react reflexively -HALT (Hungry, Angry, Lonely, Tired) | |

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Coping skills can help us return to the “Resilient Zone” so we can more effectively solve problems & approach conversations in a way that is consistent with our values

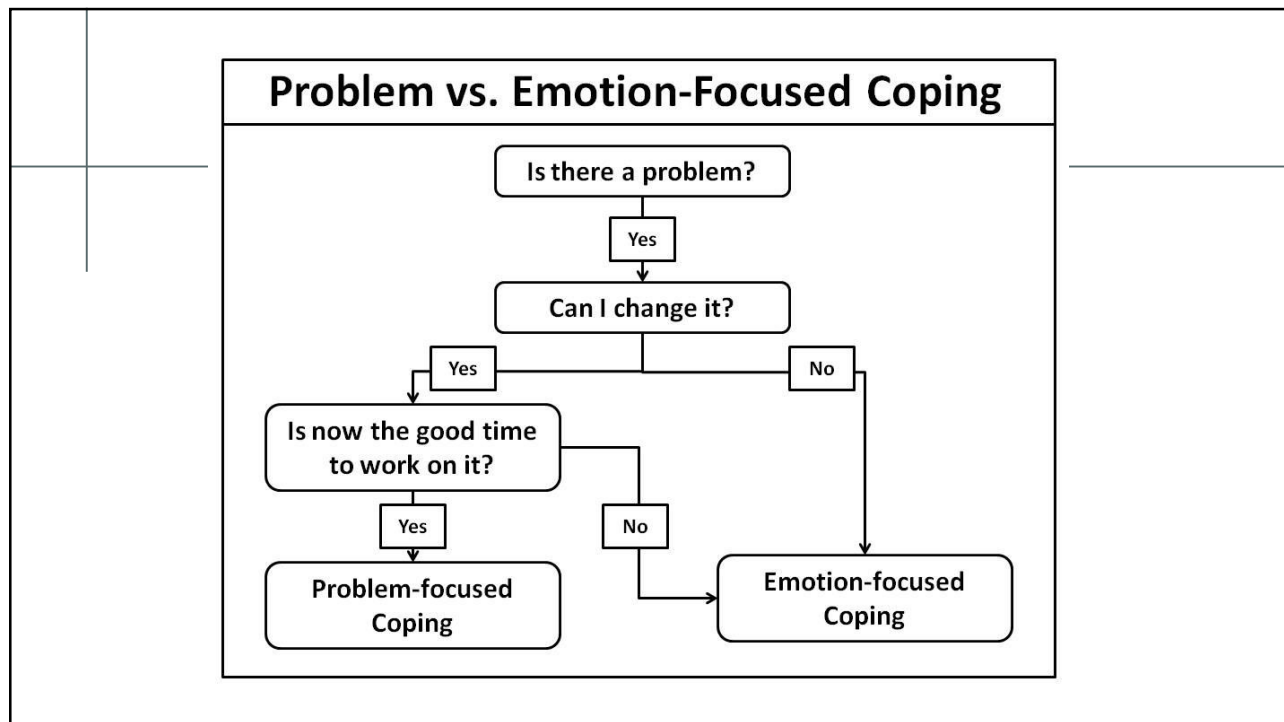
Graphic adapted from an original graphic of Peter Levine/Heller, original slide design by Genie Everett/Adapted by Elaine Miller-Gates

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Problem-Focused vs Emotion-Focused Coping

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| <p>Problem-focused</p> <ul style="list-style-type: none"> • Aims to evaluate, explore, and address root cause of the issue • Opportunity to remove stressor and reduce distress | |
| <p>Emotion-focused</p> <ul style="list-style-type: none"> • Aims to alleviate or manage emotional impact • Can be used when removing stressor is not immediately an option or the solution is not yet apparent | |

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Avoidance.
Short-Term High, Long-Term Low

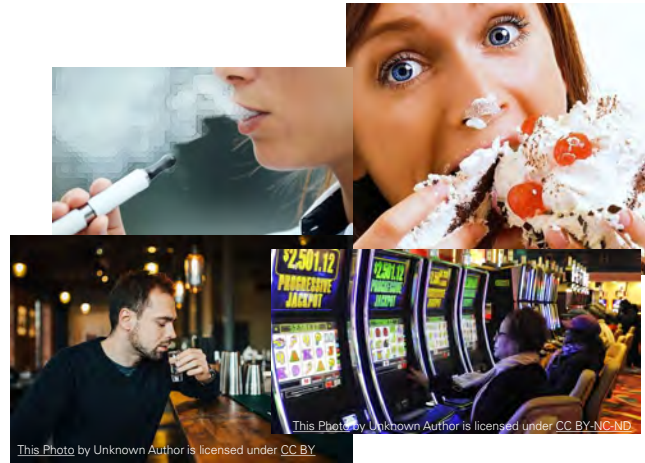
Sometimes we avoid tackling a stressor due to fear of negative consequences or fear we won't be able to cope with the outcome of the action.

Unhelpful Coping Strategies

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Unhelpful Coping Strategies

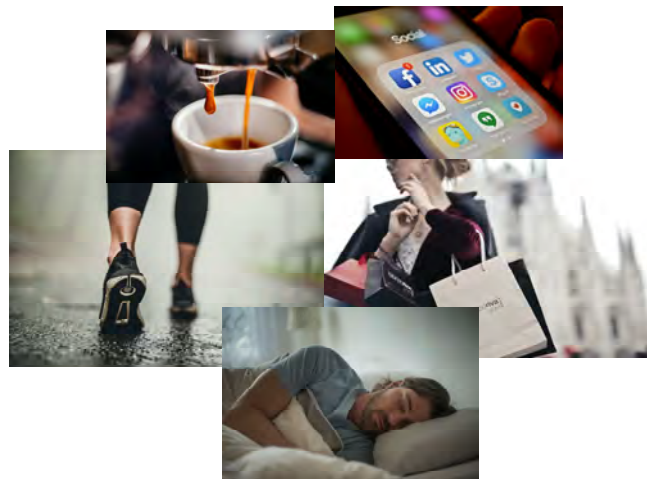
- What do we often think of as unhelpful or unhealthy coping strategies?



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Unhelpful coping strategies

- Any behavior or any substance can be used as an unhelpful coping strategy.
- It's not just the substance or activity but rather the way we interact with it that is important.



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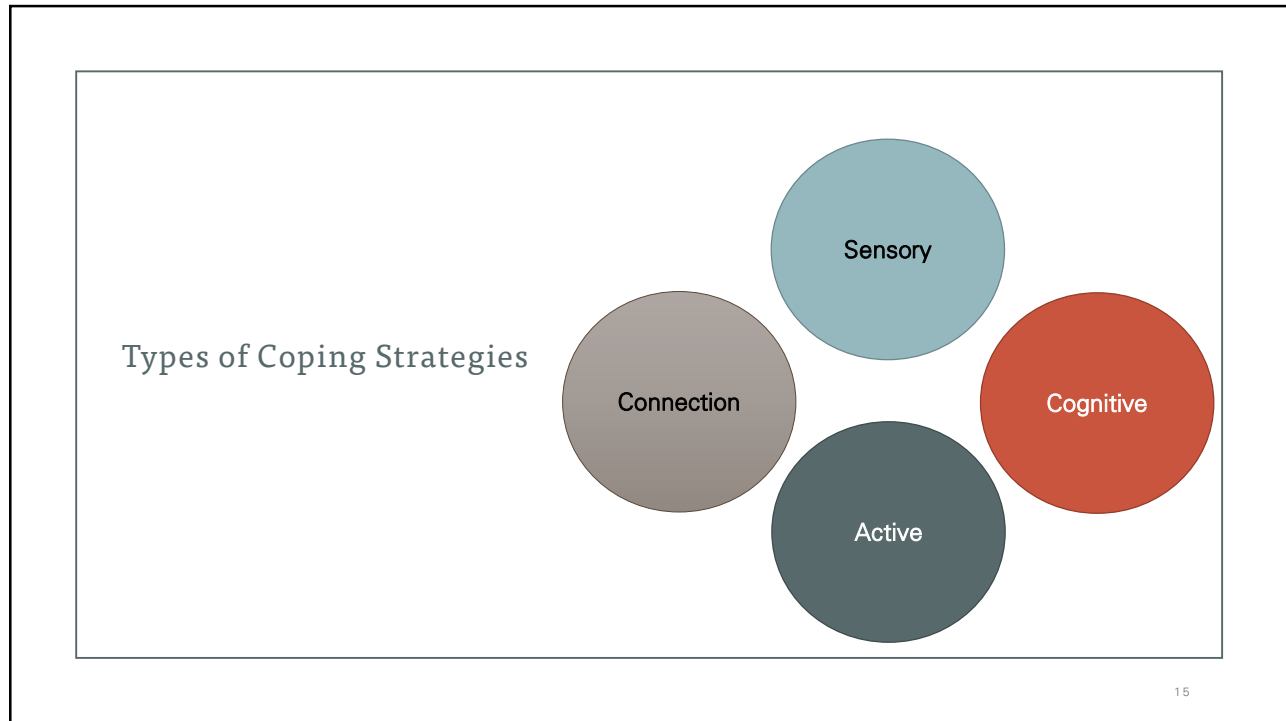
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| | <p>How can we tell what coping strategies are helpful vs. unhelpful?</p> | | | |
| | <table border="0"> <tr> <td data-bbox="274 457 771 825"> <ul style="list-style-type: none"> • Does engaging in the coping skill make you feel better not only in the short-term but also in the long run? • Does it support your values and the way you want to show up in your relationships and in life? • Does it help you get back to a baseline level of functioning where you can effectively solve your problems? </td> <td data-bbox="797 596 894 642" style="text-align: center; vertical-align: middle;"> <p>Or...</p> </td> <td data-bbox="920 447 1393 835"> <ul style="list-style-type: none"> • Does it give you short-term relief only to leave you feeling less able to solve your problems? • Is it negatively impacting your health or mental health? • Are you using it as means to avoid a problem you think is important to solve? Or to avoid conversation you are afraid of having? </td> </tr> </table> | <ul style="list-style-type: none"> • Does engaging in the coping skill make you feel better not only in the short-term but also in the long run? • Does it support your values and the way you want to show up in your relationships and in life? • Does it help you get back to a baseline level of functioning where you can effectively solve your problems? | <p>Or...</p> | <ul style="list-style-type: none"> • Does it give you short-term relief only to leave you feeling less able to solve your problems? • Is it negatively impacting your health or mental health? • Are you using it as means to avoid a problem you think is important to solve? Or to avoid conversation you are afraid of having? |
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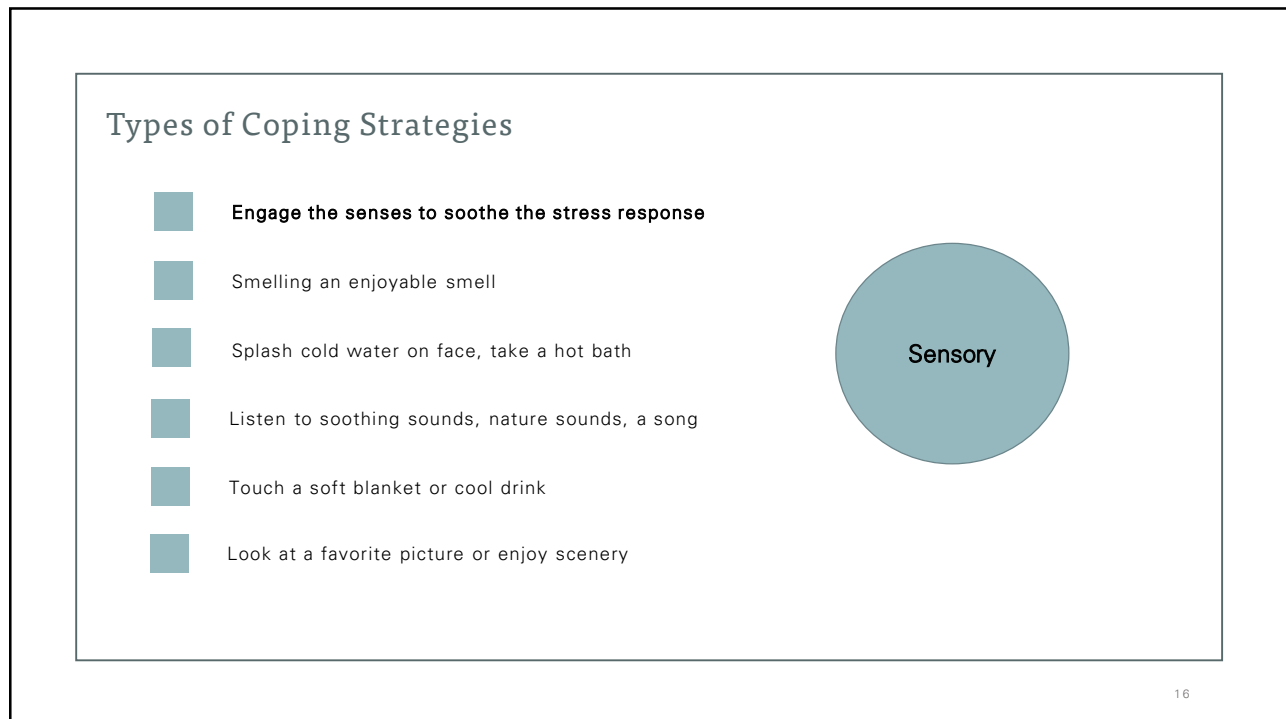
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| | <p>Finding coping strategies that are supportive for you</p> | | |
| | <table border="0"> <tr> <td data-bbox="274 1327 816 1785"> <ul style="list-style-type: none"> • Coping strategies are unique to each person. • Be attentive to your own behaviors and get curious about the benefits and consequences that you experience. • Use mindfulness and self-awareness to pause and notice sensations in your body, thoughts, and feelings that arise • Engage coping strategies with intention and moderation. <ul style="list-style-type: none"> • When we give into an urge again and again, we are often not thinking long term. • It's easier to mindlessly engage familiar coping strategies • It can be helpful to set a time limit on coping strategies </td> <td data-bbox="833 1180 1435 1831">  </td> </tr> </table> | <ul style="list-style-type: none"> • Coping strategies are unique to each person. • Be attentive to your own behaviors and get curious about the benefits and consequences that you experience. • Use mindfulness and self-awareness to pause and notice sensations in your body, thoughts, and feelings that arise • Engage coping strategies with intention and moderation. <ul style="list-style-type: none"> • When we give into an urge again and again, we are often not thinking long term. • It's easier to mindlessly engage familiar coping strategies • It can be helpful to set a time limit on coping strategies |  |
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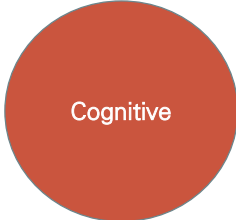
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Types of Coping Strategies

- Can help us process through thoughts connected with emotions
- Gratitude journaling, stream of consciousness journaling
- CBT thought log
- Problem analysis and solution exploration
- Meditation or mindfulness




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Types of Coping Strategies

- Can help us feel connected with activities we enjoy
- Watching a TV show or comedy show
- Plant a garden or play a game
- Go for a run, do yoga, ride a bike
- Play an instrument, take photos, or paint a picture
- Read a book, listen to an audiobook, listen to a podcast



*Note: Notice if you are using of these in excess

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Types of Coping Strategies

- Can help us feel connected to the beings around us
- Pet a cat or a dog or hug someone you care about
- Call a friend or meet them for a walk or meal
- Write someone a letter or take them flowers
- Join a support group or a meet-up group

Connection

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Mindfulness

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Mindfulness – Staying in the moment so you don't think too far ahead or behind



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Mindfulness – Staying in the moment so you don't think too far ahead or behind

- Worry is lack of contact with the present moment and focus on future events
- Rumination is lack of contact with present moment and focus on past events
- Sometimes we get so focused on future and past that we miss things that are happening right now
- Mindfulness is flexible, focused contact with the present moment
- Mindfulness allows us to come back to the present moment, notice thoughts and feelings as they come up, and let them be.

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Mindfulness – Noticing your thoughts and feelings and letting them go



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Mindfulness Tips and Ideas

- **Mindfulness How-To**
 - 1 Pay attention to the activity at present
 - 2. Let go of your thoughts
 - 3. Let your feelings be

- **Helpful tips**
 - Anchor in the present moment
 - Use non-judgmental present-focused awareness

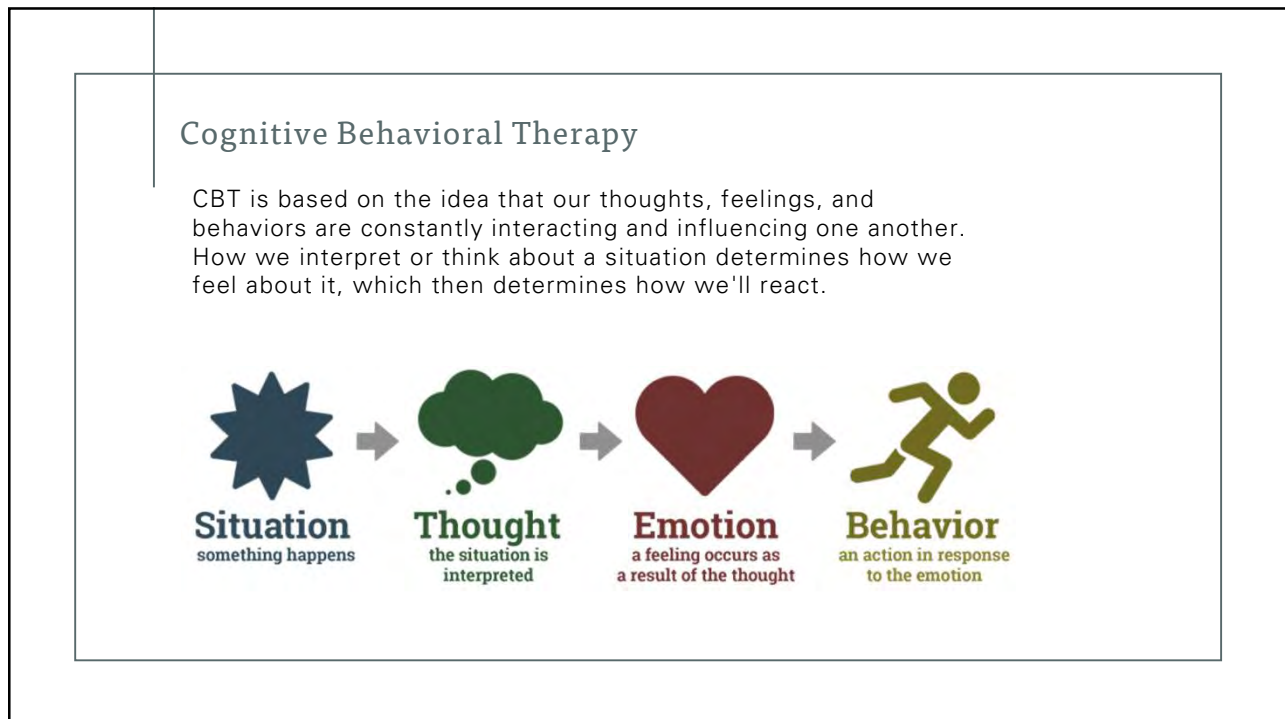


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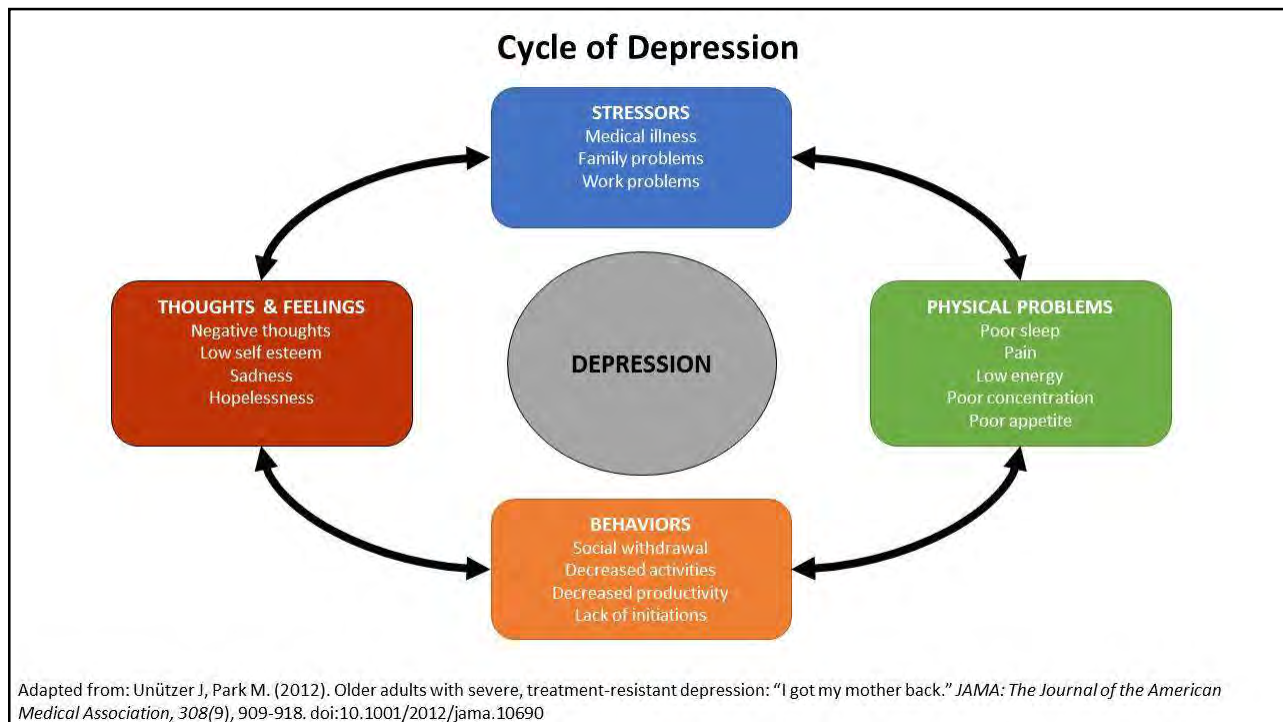
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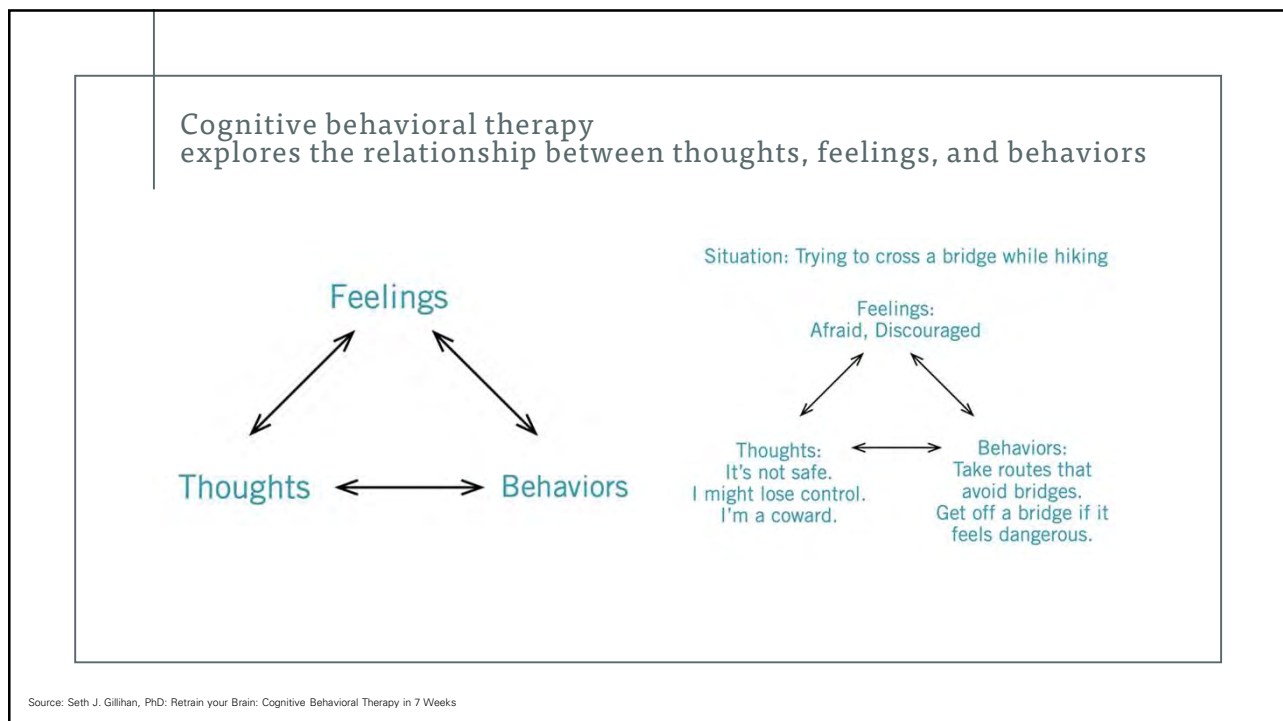
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Cognitive Distortions


Cognitive distortions are irrational thoughts that can influence your emotions. Everyone uses them from time to time. Which ones do you notice you use?




Should Statements




All-or-Nothing Thinking




Emotional Reasoning




Catastrophizing




Mind reading & Fortune Telling




Magnification & Minimization




Overgeneralization



Magical Thinking



Personalization



Jumping to conclusions

Check out definitions here and explore the go to Cognitive Distortions you use <https://www.therapistaid.com/worksheets/cognitive-distortions.pdf>

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Thought Log

You can use this log to document your thoughts, feelings and behaviors in response to a situation that brought you distress. You can also use it to brainstorm new ways of thinking and reacting, as shown in the example below.

| Event/Situation | Thought | Feeling | Reaction/Behavior | Rational Counterstatement |
|---|---|-----------------------------------|--|--|
| <i>Example:</i> Supervisor at work is angry. | "I must have made a mistake—now I've done it. They'll fire for me sure." | Feeling of sadness and anxiety | Spend time obsessing over mistakes | "My supervisor could've been angry about anything. They are usually happy with my work, so even if I've made a mistake it isn't a big deal." |
| <i>Example of a reframe:</i> Supervisor at work is angry | "I hope they are okay. They might have something going on that's bothering them." | Feeling of concern for supervisor | Ask supervisor if there is anything I can help them with, or give them space | |
| | | | | |

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myStrength

Calm

headspace

SMILING MIND

App-Based Support

PERMANENTE MEDICINE
The Permanente Medical Group

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My Strength App

myStrength — an app to improve your awareness and adapt to life

myStrength is a personalized program that helps you improve your awareness and change behaviors. Kaiser Permanente members can explore interactive activities, in-the-moment coping tools, community support, and more at no cost.

- Mindfulness and meditation activities
- Tailored programs for managing depression, stress, anxiety, and more
- Tools for setting goals and preferences, tracking current emotional states and ongoing life events, and viewing your progress

[Get myStrength](#)

myStrength by Teladoc Health
myStrength, Inc.
★★★★★
GET — On the App Store

myStrength

myStrength is brought to you by
KAISER PERMANENTE

— WELCOME, KIMBERLY M —

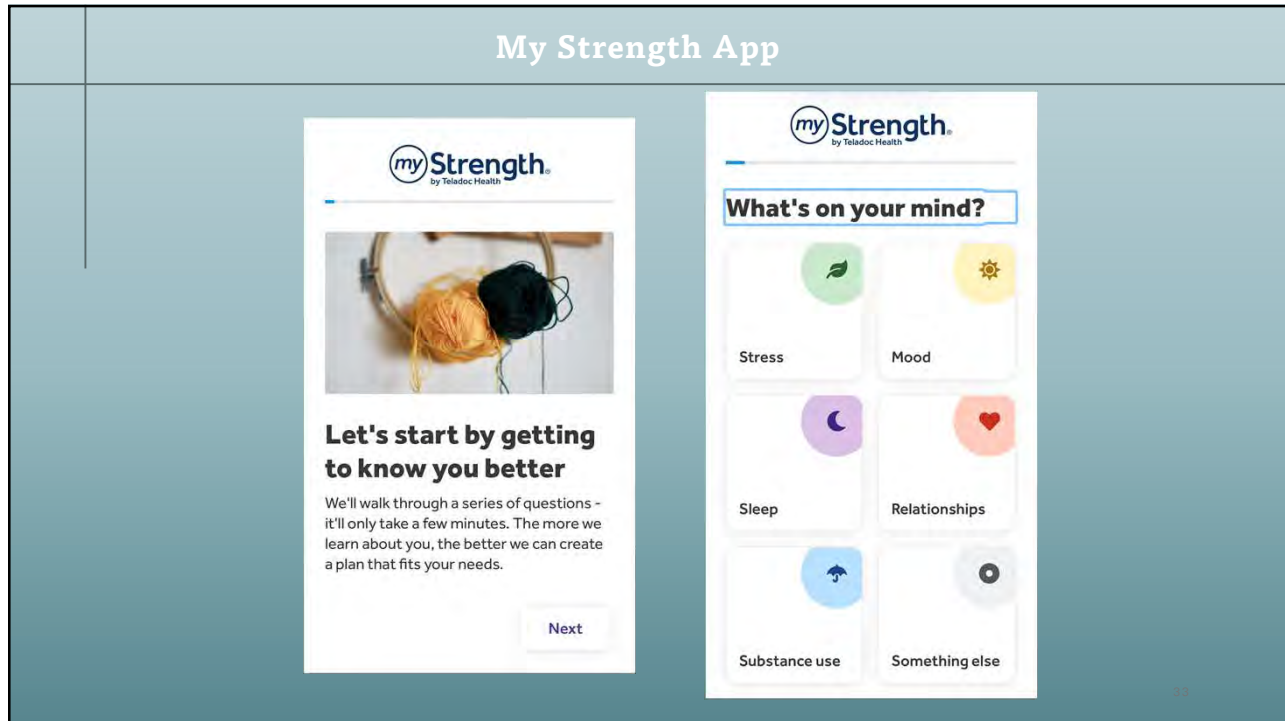
Welcome to myStrength, where you get personalized inspiration and exercises for your mind, body, and spirit. As a special Kaiser Permanente member you get free and private access to myStrength so you can feel better and stay better!

Email Address
name@domain.com

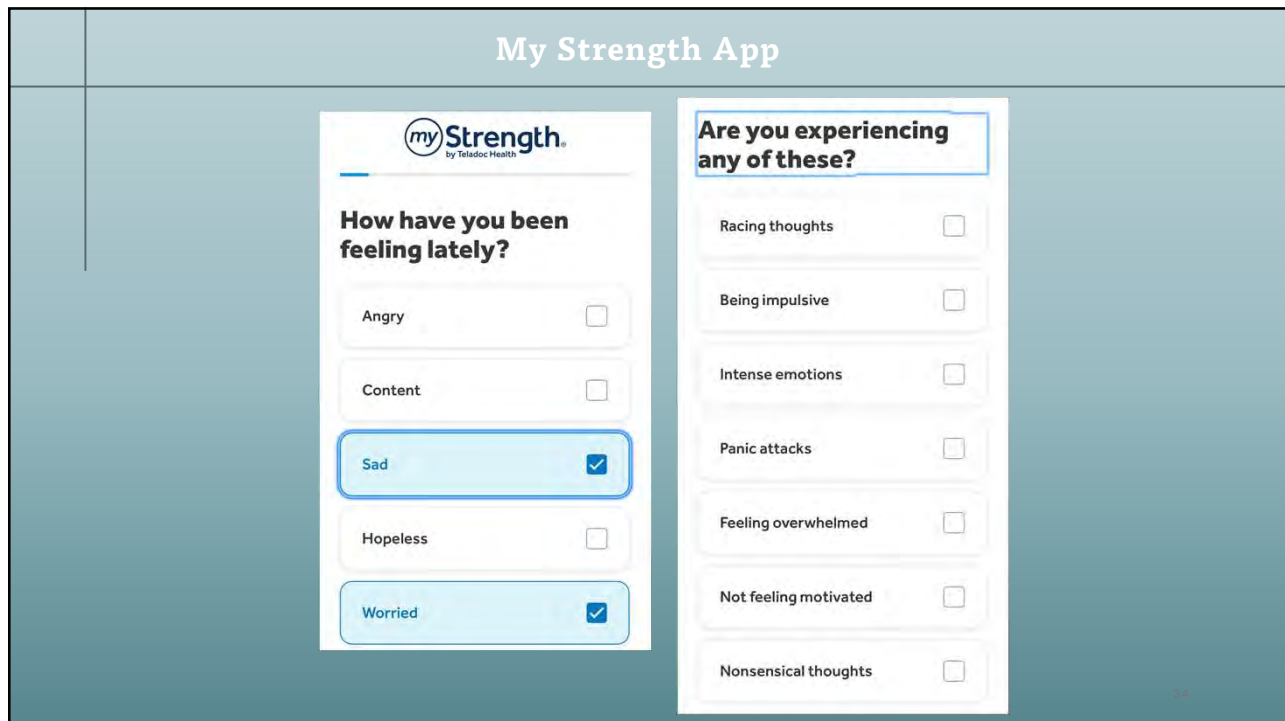
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[Enter myStrength](#) [Learn More](#)

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My Strength App

Are any of these causing you distress right now?

Pregnancy or young children

Caring for a loved one

Death of a loved one

Trauma

Work stress

Breakup or divorce

Other relationship issues

Are any of these causing problems for you currently?

Nicotine

Opioids

Binge eating

Self-harm

Tech overuse

Alcohol

Other druas

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My Strength App

What do you think might help?

Mindfulness



Spirituality

Connecting with others

Medication

Talking to a professional

None of these



Thank you for being so open

It sounds like you're going through a lot. We're here to listen, learn, and make sure you get the right level of support.

Next

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My Strength App

Let's dive a little deeper

These next questions are clinically validated to help us understand how you've been feeling, and to track your progress in the weeks ahead.

Next



You're in the right place

It sounds like you've been feeling really uneasy lately. You've been pretty down too, which isn't a big surprise. These things usually go together.

LET'S WORK ON

Mending your relationship


Based on what we've learned about you, we think the best place to start is to focus on your relationship concerns. We'll help you build new skills so you can continue your relationship in a healthy way.

WE'LL ALSO HELP YOU NAVIGATE

- Sleep
- Chronic pain

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My Strength App



Here are ways we can help

RECOMMENDED

Self-guided digital program

Set your own pace with a personalized program that's based on the same methods used in one-on-one therapy.

YOU'LL ALSO HAVE ACCESS TO

Personalized content

Explore skill-building tools and resources based on your ongoing needs and preferences.

<

Mending your relationship

Learn skills to help nurture and improve your partnership.

- Love is an action
Relationships take work. >
- Get through hard emotions
Prepare for and prevent difficult emotions. >
- Problem solving within a relationship
Effectively work through issues with your partner. >

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My Strength App

Get through hard emotions

Prepare for and prevent difficult emotions.

- 1 Overwhelming emotions happen**

Turning down heated emotions.
- 2 Practice: dealing with strong emotions**

A tool for handling intense moments.
- 3 The mind-body connection**

Be kind to your body to help your mind.

First step: take a break

The next time you experience this, you can practice the skills discussed in this activity to calm yourself down.

The first step is a simple one. **Take a break** from what you were doing that was causing distress.

This can be surprisingly challenging. So it's helpful to follow these steps:

- Stop**

The first thing is to literally stop. This might mean you stop having the conversation. It might mean you stop completing a task. It might mean you stop reading the paper or you turn off the TV.
- Get distance**

Next, it's important to take a step away from whatever is causing you distress. Give yourself both physical and mental distance. This could

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My Strength App

Temperature, breath or exercise

One option is to do something that will change how your body feels. This is particularly useful when you're having a physical reaction to your emotion, like a faster heartbeat or higher body temperature.

Learn more below and then select the one that could work for you.

Change your temperature

Slow your breath

Which one of these do you think you'll try?

Change my body's temperature

Choose one way you plan to self-soothe the next time you need it:

Taste

Smell

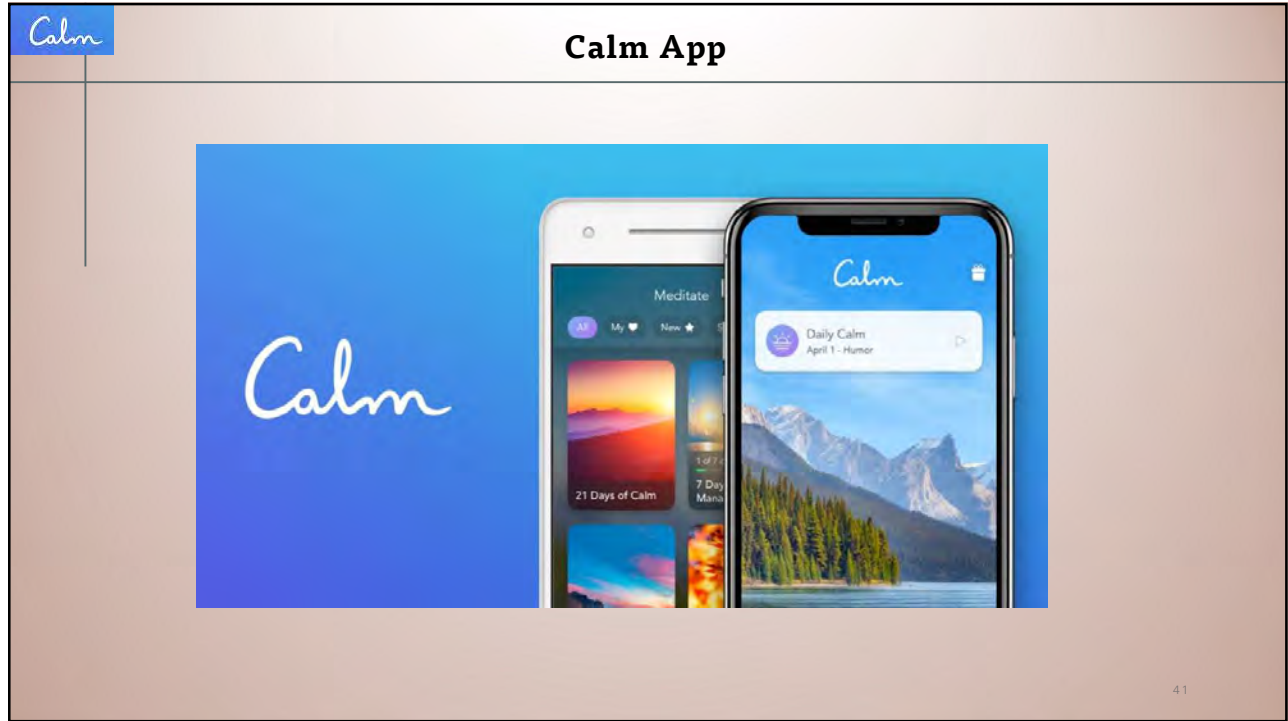
Touch

Hearing

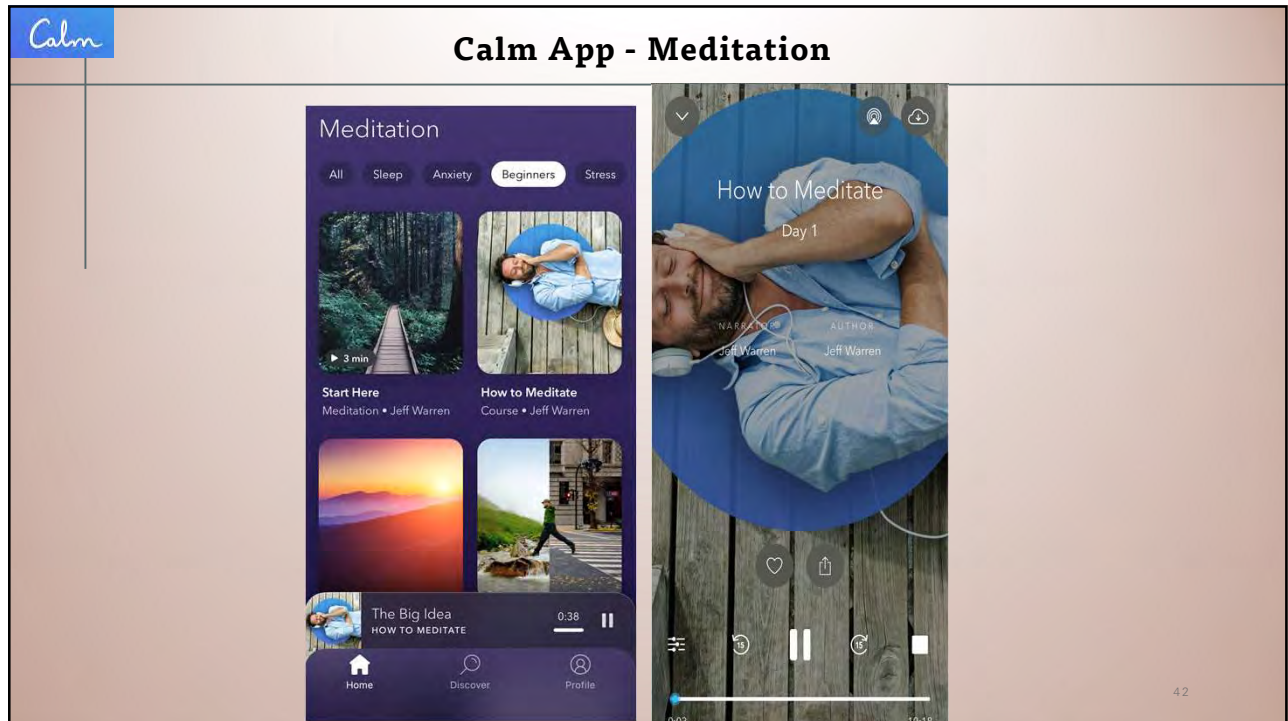
Vision

What will you use to do this?

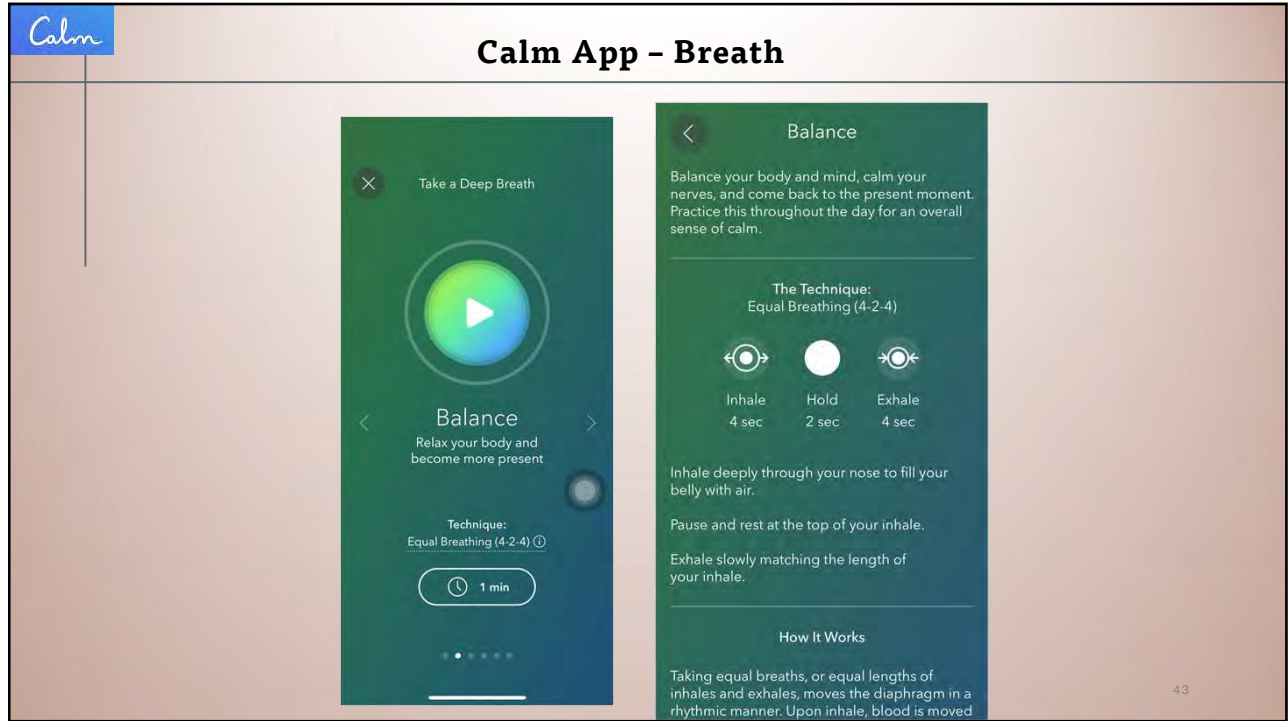
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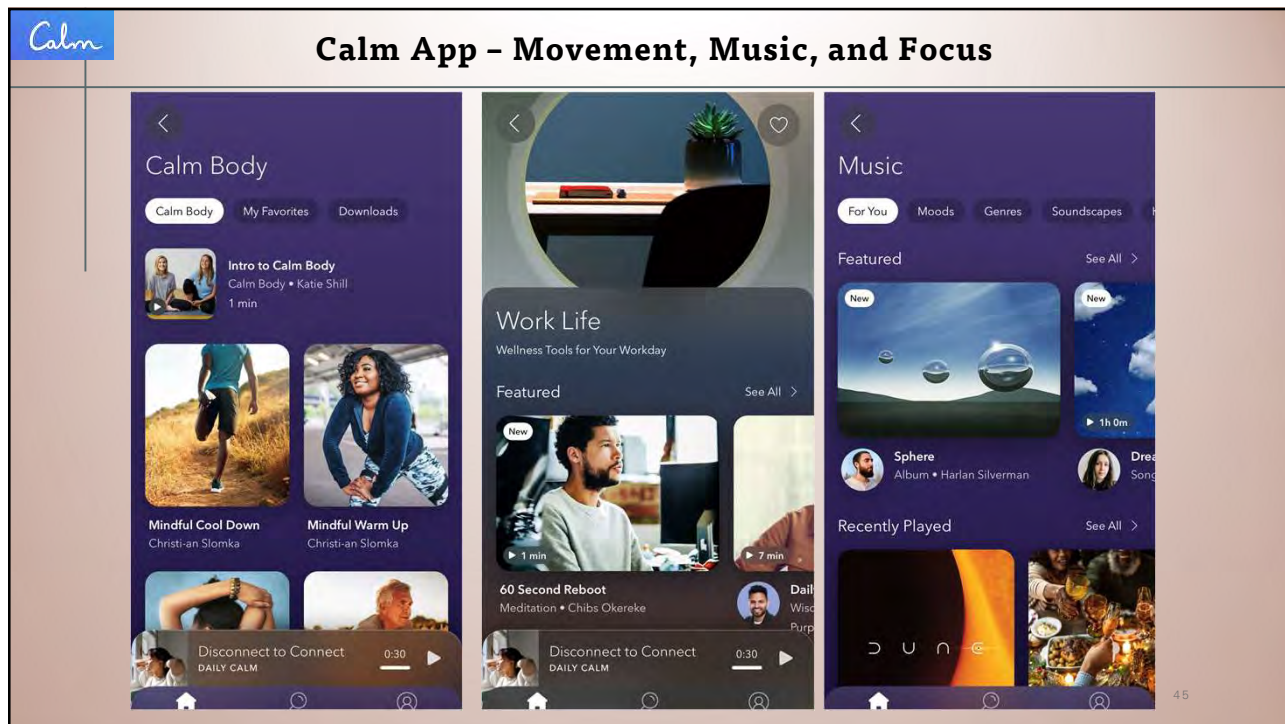
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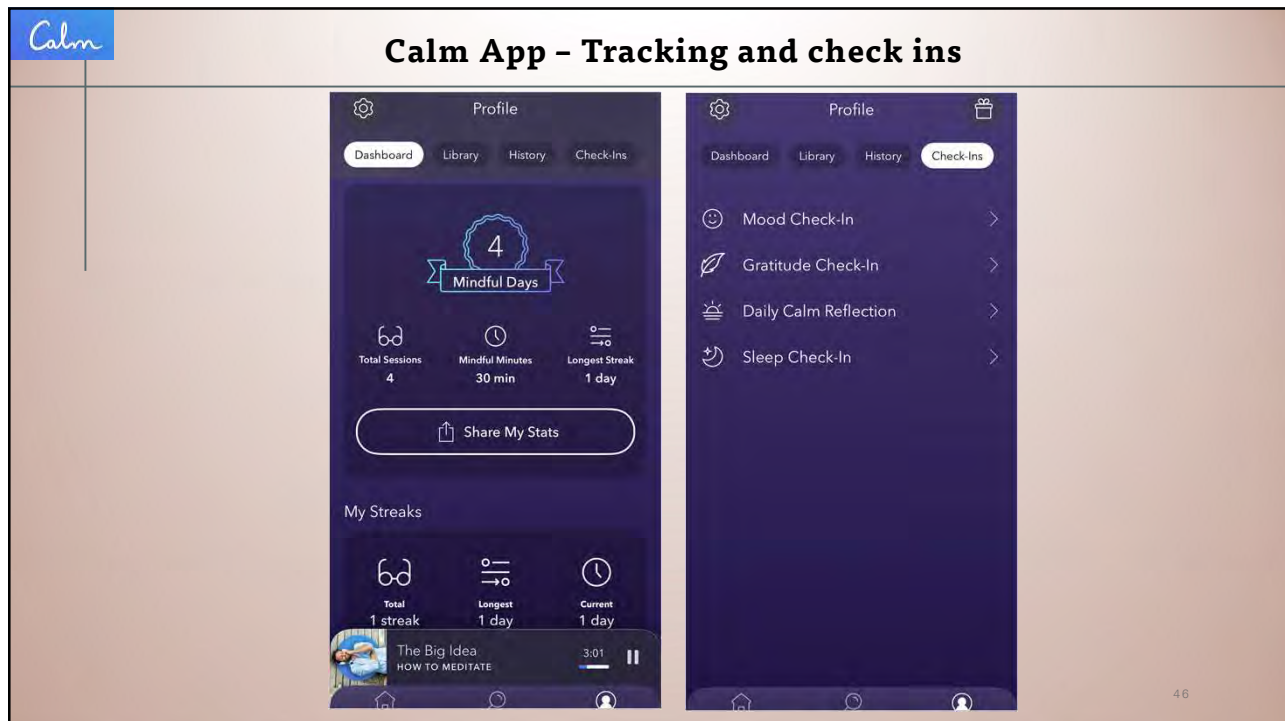
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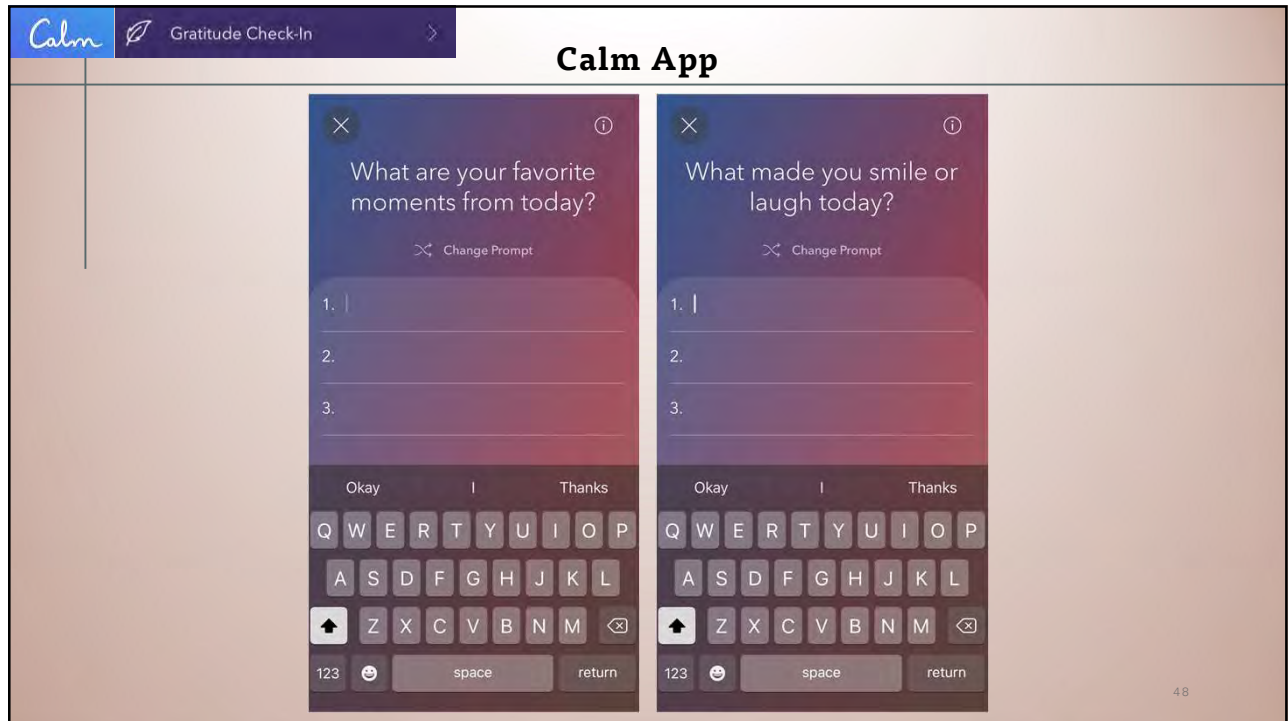
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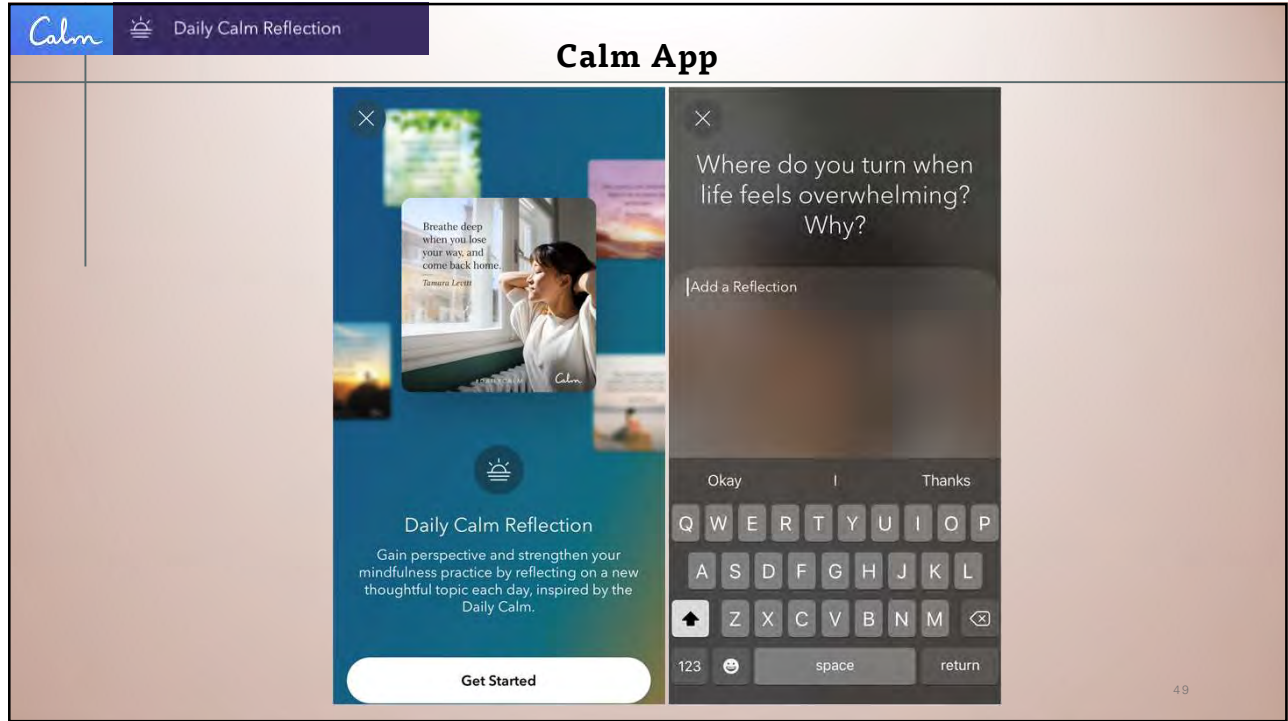
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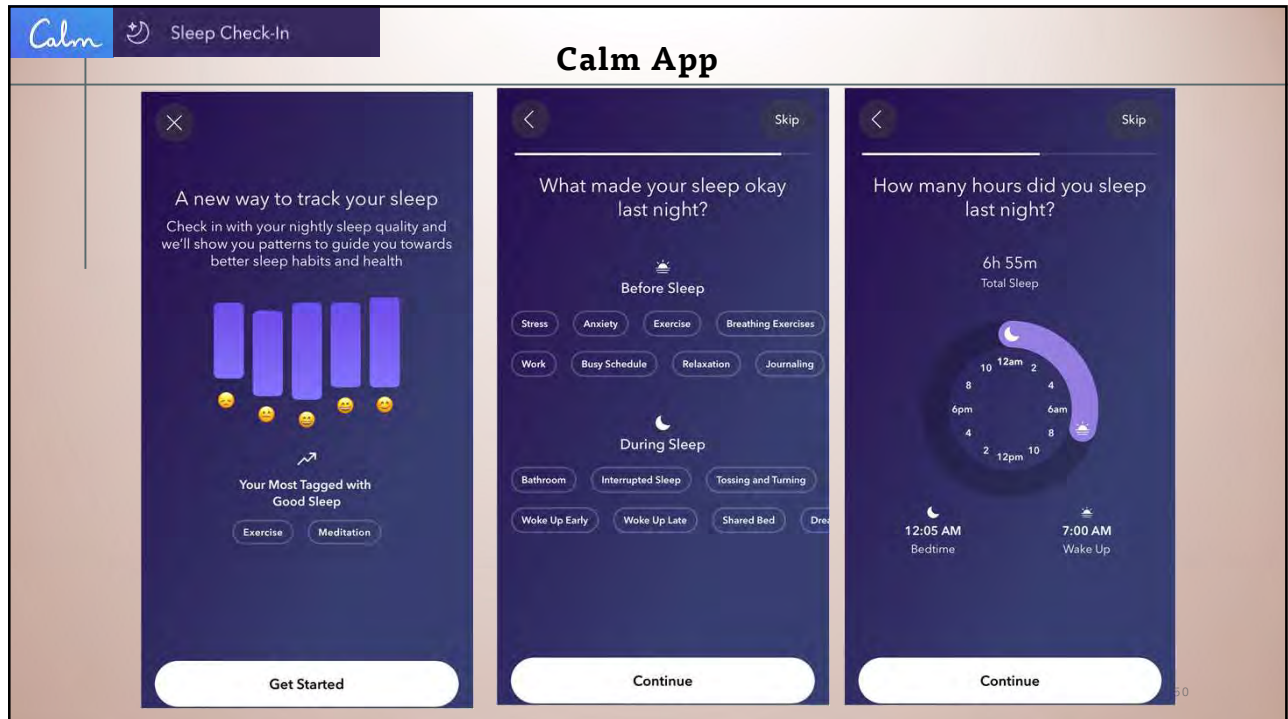
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Mental Health Crisis Support Lines

National Suicide Prevention Lifeline at 1-800-273-8255

1-800-273-TALK

Crisis Text Line (text: SUPPORT to 741-741)

Sacramento County Crisis Line at 1-888-881-4881

Sacramento Mental Health Urgent Care Clinic at 916-520-2460

Trevor Project Hotline (LGBTQ+) 1-866-488-7386

Veteran's Crisis Line 1-800-273-8255 press 1, or text 838255

Alta Regional Crisis line: (916) 978-6400 and ask for CBEM hotline

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Wim Hof
Breathing

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Thank you!

3/24/2022

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The ***Adaptive Coping Strategies*** workshop, presented by Kim Waterman, ASW from Kaiser Permanente, included a wealth of helpful information and a great overview of the mental health apps Calm, My Strength, Headspace, and Smiling Mind.

After the workshop, Kim was very thorough in providing the following resources and follow-up answers to questions asked during the session:

Here is the [Zoom Recording link](#).

Session Attachments:

- Coping Strategies & Self Care Apps Presentation Slides
- CBT Thought Record
- Cognitive Distortions
- SMART Goal Worksheet

Videos & Books Referenced:

- Wim Hof Breathing Tutorial: <https://www.youtube.com/watch?v=nzCaZQqAs9I>
- Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks: <https://www.amazon.com/Retrain-Your-Brain-Behavioral-Depression/dp/1623157803>
- What is Mindfulness? By Smiling Mind: <https://youtu.be/OaRDbLWeSXE>
- Meditation & Changing Perspective. By Headspace: <https://youtu.be/iN6g2mr0p3Q>

Follow-up from Questions Posed during Session:

- **Q: Is the My Strength App just for Kaiser Members?**
- A: MyStrength is offered by employers, health plans, health providers and others. You would need an access code from your sponsor or provider to access this app. For more information, visit: [myStrength | myStrength mobile app](#).

- **Q: What is the cost of the Calm App?**
- A: You may want to check with your health care provider to find out if they subsidize the subscription. Kaiser members, for example, can try Calm for up to a year at a time for free.
- If you are not a Kaiser member, you can also try a free 7-day trial and explore subscription plans here:
- [Calm - Subscription Plans](#)

- **Q: If I am a Kaiser member, where can I access free self-care apps?**
- A: Visit the following web page and sign in with your Kaiser credentials.
- [Mindfulness apps – No Cost for Members | Kaiser Permanente](#)

- **Other self-care apps that were referenced or mentioned today:**
- Smiling Mind (free) - <https://www.smilingmind.com.au/>
- Headspace - <https://www.headspace.com/>
- Sanity & Self - <https://www.sanityandself.com/>

Kaiser link for Apps: <https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital>

SMART Goal Worksheet

Today's Date: _____ Target Date: _____ Start Date: _____

Date Achieved: _____

Goal: _____

Verify that your goal is SMART

Specific: *What exactly will you accomplish?*

Measurable: *How will you know when you have reached this goal?*

Achievable: *Is achieving this goal realistic with effort and commitment? Have you got the resources to achieve this goal? If not, how will you get them?*

Relevant: *Why is this goal significant to your life?*

Timely: *When will you achieve this goal?*

This goal is important because:

The benefits of achieving this goal will be:

Take Action!

Potential Obstacles

Potential Solutions

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Who are the people you will ask to help you?

Specific Action Steps: *What steps need to be taken to get you to your goal?*

What?

Expected Completion Date

Completed

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Cognitive Distortions

Cognitive distortions are irrational thoughts that can influence your emotions. Everyone experiences cognitive distortions to some degree, but in their more extreme forms they can be harmful.

Magnification and Minimization: Exaggerating or minimizing the importance of events. One might believe their own achievements are unimportant, or that their mistakes are excessively important.

Catastrophizing: Seeing only the worst possible outcomes of a situation.

Overgeneralization: Making broad interpretations from a single or few events. "I felt awkward during my job interview. I am *always* so awkward."

Magical Thinking: The belief that acts will influence unrelated situations. "I am a good person—bad things shouldn't happen to me."

Personalization: The belief that one is responsible for events outside of their own control. "My mom is always upset. She would be fine if I did more to help her."

Jumping to Conclusions: Interpreting the meaning of a situation with little or no evidence.

Mind Reading: Interpreting the thoughts and beliefs of others without adequate evidence. "She would not go on a date with me. She probably thinks I'm ugly."

Fortune Telling: The expectation that a situation will turn out badly without adequate evidence.

Emotional Reasoning: The assumption that emotions reflect the way things really are. "I feel like a bad friend, therefore I must be a bad friend."

Disqualifying the Positive: Recognizing only the negative aspects of a situation while ignoring the positive. One might receive many compliments on an evaluation, but focus on the single piece of negative feedback.

"Should" Statements: The belief that things should be a certain way. "I should always be friendly."

All-or-Nothing Thinking: Thinking in absolutes such as "always", "never", or "every". "I *never* do a good enough job on anything."

Thought Record Sheet – 7 column

| Situation / Trigger | Feelings Emotions – (Rate 0 – 100%) Body sensations | Unhelpful Thoughts / Images | Facts that <u>support</u> the unhelpful thought | Facts that provide evidence <u>against</u> the unhelpful thought | Alternative, more realistic and balanced perspective | Outcome Re-rate emotion |
|---|---|--|---|--|--|--|
| <p>What happened? Where? When? Who with? How?</p> | <p>What emotion did I feel at that time? What else? How intense was it?</p> <p>What did I notice in my body? Where did I feel it?</p> | <p>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</p> | <p>What are the facts? What facts do I have that the unhelpful thought/s are totally true?</p> | <p>What facts do I have that the unhelpful thought/s are NOT totally true? Is it possible that this is opinion, rather than fact? What have others said about this?</p> | <p>STOPP! Take a breath....</p> <p>What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? What advice would I give someone else? Is my reaction in proportion to the actual event? Is this really as important as it seems?</p> | <p>What am I feeling now? (0-100%)</p> <p>What could I do differently? What would be more effective?</p> <p>Do what works! Act wisely. What will be most helpful for me or the situation? What will the consequences be?</p> |