COPE
CAPS COPING SKILLS SEMINAR

STUDENT WORKBOOK
Welcome to COPE! We hope that you find COPE helpful in learning to recognize and better manage the concerns that led you to Counseling & Psychological Services. Many people pursue therapy with the idea that their therapist will know exactly how to “fix” them, which usually isn’t the case. COPE is specifically designed to help you get a better idea of what you want to change and how to get there. In order to get the most out of COPE, it is important to complete all 3 seminars in addition to the reading and exercises in this workbook.

Many of us think in terms of problems (i.e., what we don’t like about ourselves, what’s wrong with our lives, etc.) and forget to focus on what we actually want in our lives. It is almost as if we believe that erasing the unwanted parts of our lives would leave us with no problems. **Simply reducing pain does not guarantee pleasure.** This is why it is important to create a clear vision of what we want in our lives. Creating a vision of change supports our motivation for making the change, provides us with a roadmap to our desired goal(s), and shows us where we are on the journey of change.

As you begin your journey, please remember **change is not linear.** Be prepared for setbacks. Snags can be due to any number of factors including difficult situational events, changes in motivation, sliding back into old habits, fear of the unknown, etc. Many people find that they take one step back for every two steps forward. That’s okay. You could see this as an obstacle, or you could embrace this as a natural rhythm of the change process.

**The main goals of COPE are to give you tools to recognize your concerns and to develop a clearer idea of what you want to change in your life.** Once you have developed your roadmap to change, you will have a better idea of where you need to go. You may decide to continue on your own or enlist other resources such as friends, family, advisors, professors, or professionals to help you reach your goals. You may even decide that this is not the right time for you to continue this change process, and you would rather focus your energy on other priorities. Whatever you decide, we can support you in your process and hope that COPE will help clarify your goals.

If, at any time, you feel that you need additional support, please let your COPE workshop leader know or contact Counseling & Psychological Services (828)227-2769 (or campus police after-hours for access to a crisis counselor (828)227-8911. You may also find additional resources online at: www.caps.wcu.edu.
Everyone experiences psychological pain. This could be sadness, anger, anxiety, heartbreak, embarrassment, etc. Not only is pain normal, but it communicates important information about our experiences. Much like how the pain from a paper cut tells us that we have an injury, psychological pain serves a similar function.

Most of us take care to minimize how often we feel psychological pain, but some pain in life is inevitable. Some of us try to minimize our pain so much that we unintentionally cause other problems or more pain. For example, someone who experiences anxiety when meeting new people may choose to avoid these types of interactions. Although the person will be successful in avoiding the anxiety of meeting someone new, that person may create other experiences, such as loneliness or sadness from missing out on new experiences. Furthermore, some methods of minimizing or avoiding pain can have more significant consequences. For example, someone might choose to manage anxiety with alcohol or other drugs, learn to shut off or numb feelings completely, or stay continuously busy to the point of physically exhausting or otherwise negatively impacting their body.

By changing our relationship with our psychological pain, we create flexibility. We do not have to get stuck with one option: avoiding pain.

We can learn other strategies that will add a variety of tools to our psychological tool box. This is one of the goals of COPE.

Although some amount of discomfort is inevitable throughout any change process, we want you to take care of yourself and silently excuse yourself from any activity that feels like it is “too much.” You can simply sit quietly while the rest of the group finishes the exercise and re-join when you feel comfortable. If, at any time, you feel like you cannot be in the COPE session any longer, please notify your COPE session leader or CAPS front desk staff.
IN-SESSION EXERCISES & HOMEWORK

*Make sure to bring this workbook with you to COPE sessions so that you can complete the in-session exercises.
### Self-Care Assessment

<table>
<thead>
<tr>
<th>Category</th>
<th>Self Rating 1-5 (poor-excellent)</th>
<th>Ideas for Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>(example) Sleep</td>
<td>2</td>
<td>Establish a regular schedule. Avoid caffeine after 3pm.</td>
</tr>
<tr>
<td>Sleep</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutrition</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alcohol/Drugs</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Sleep is one of those things that you can’t really appreciate until you don’t have it. Anyone who has experienced sleep deprivation for long periods of time can tell you that it impacts your whole demeanor. You get snappy and aggravated, cry inexplicably, or lose it over the most minor details. It can also exacerbate the symptoms you might experience if you are already coping with anxiety or depression. It is one of the first suggestions we make when trying to focus on healthy habits and making positive changes–get some sleep!

Here are the recommendations from the National Sleep Foundation–now, we recognize that they don’t necessarily coincide with your stereotypical college lifestyle. But there are pieces which, when really prioritized and included in your daily routine, can make a huge difference!

- Avoid napping during the day; it can disturb the normal pattern of sleep and wakefulness.
- Avoid stimulants such as caffeine, nicotine, and alcohol too close to bedtime. While alcohol is well known to speed the onset of sleep, it disrupts sleep in the second half as the body begins to metabolize the alcohol, causing arousal.
- Exercise can promote good sleep. Vigorous exercise should be taken in the morning or late afternoon. A relaxing exercise, like yoga, can be done before bed to help initiate a restful night’s sleep.
- Food can be disruptive right before sleep; stay away from large meals close to bedtime. Also dietary changes can cause sleep problems, if someone is struggling with a sleep problem, it’s not a good time to start experimenting with spicy dishes. And, remember, chocolate has caffeine.
- Ensure adequate exposure to natural light. This is particularly important for older people who may not venture outside as frequently as children and adults. Light exposure helps maintain a healthy sleep-wake cycle.
- Establish a regular relaxing bedtime routine. Try to avoid emotionally upsetting conversations and activities before trying to go to sleep. Don’t dwell on, or bring your problems to bed.
- Associate your bed with sleep. It’s not a good idea to use your bed to watch TV, listen to the radio, or read.
- Make sure that the sleep environment is pleasant and relaxing. The bed should be comfortable, the room should not be too hot or cold, or too bright.

Pretty challenging, right? But we think some of those changes can be done! Like….

- Try not to get your schedule too far off on the weekends, so that when your 8 am class comes around on Monday, you don’t have to readjust after sleeping in all weekend.
- Get some lamps or fun strings of lights to decorate your room so you don’t have to use the fluorescent overhead light.
- Create a regular bedtime routine and stick with it. Listening to relaxing music, using a nature sound machine or reading a novel can help ease into sleep mode.
- Try to set a cut-off point for caffeine during the day. Yes, Starbucks does make decaf!
- Get your work out in early, in order to avoid the stimulating endorphins from exercise too late in the evening. Yes, working out is important, but maybe not starting it at midnight...
Breathing Practice

Alternate Nostril Breathing

Sit in a chair or comfortably on the floor with your back straight. Essentially, what you will be doing in this exercise is breathing in one nostril and out the other, then in the second nostril and out the first. In other words, you will breathe in the left nostril to the count of six, using your finger to hold the right nostril closed. Hold the breath for three counts. Then release the right nostril and breathe out the count of six, closing off the left nostril with your finger, and breathing in the right for six counts. Hold for three counts. Then release the flow of air through your nostrils six times, you will experience an unbelievable sense of relaxation, and the balancing effect this will have on your brain will be miraculously tranquilizing. A tremendous peace and harmony will come into your being.

You can do this exercise as often as you wish, but you should try to do it at least once a day. It is especially helpful before a meeting or in preparation for a stressful and emotionally charged event.

This breathing exercise can be used as a highly effective tool to balance your nervous system. In each of our nostrils, there are nerves that lead into the center of the brain. The brain has two sides. The right side is creative, inspirational, and relaxing. The left side is mechanical and calculating. The yogis have found that there is body rhythm in which every hour and twenty-eight minutes the sides of the brain alternate dominance. The nostrils reflect this. One nostril will also be dominant during this period. If the right side of the brain – the healing, resting side – is dominant, the left nostril will also be dominant. If the left side of the brain – the mechanical calculator – is dominant, the right nostril will be dominant.

In our typical fast-paced Western life style, most of our time is spent employing the mechanical and calculating activity of the left-brain. It is difficult in our society to structure one’s life for the creative, inspirational, healing, and relaxing activities of the right brain. These do not harmonize with the frenetic qualities of the American lifestyle, especially in the cities. Our very lifestyle forces an imbalance between the two sides of the brain, which creates a great deal of tension in our lives. By understanding that each nostril connects to the opposite side of the brain and using this information in a breathing exercise, you can actually balance the two sides of the brain, and the result is an amazing sense of equilibrium.

Reset Breath

Breathe out completely, allowing your lungs to empty. Then, allow your lungs to refill naturally.

4 Square Breathing

Breathe in to a count of 4. Hold to a count of 4. Breathe out to a count of 4. Hold for a count of 4. Repeat 3-4 times

7/11 Breath

Breathe in slowly to a count of 7 and out to a count of 11. Then breathe naturally. Repeat as needed.

**Check out the COPE section of our website at caps.wcu.edu for helpful videos, recordings, and more!**
# Daily Practice Journal

<table>
<thead>
<tr>
<th>Date</th>
<th>Today I practiced...</th>
<th>Observations</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Journal Exercise

Use this space to continue your journal practice at home

Remember to use language to add flexibility and space between yourself and your experience: “I am having the thought...” or “I am having the feeling...”
Journal Exercise: Leaves on a River

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________
Seminar 2 Worksheet
Understanding your Struggle

As you continue to reflect on the Acceptance for Understanding exercise, please record the details of your experience here.

Reactions to this exercise:

What have you learned about your internal experience?

What thoughts, feelings, or beliefs did you identify as hooking you?

What does having this experience say about what’s important to you, about your life, about yourself? Maybe what’s missing in your life as a result of struggling? Remember: If it isn’t important, you wouldn’t be experiencing discomfort/pain.

Remember the Tug-of-War metaphor: Emotional pain is like a monster that wants to play “tug-of-war” with us. The goal is to understand what the pain means to us so that we can drop the rope instead of trying to fight the monster.
Journal Exercises: Homework

Take some time to continue to practice using what you learned from Seminars 1 & 2. (See the appendix for a list of helpful tools.) At the conclusion of each practice session, please take some time to write down your reactions. Record your practice on page 11 as well.

Remember to use “and” instead of “but” to increase flexibility in your thinking.
Tips for COPE and other Mindfulness/Relaxation/Meditation Exercises

As you go through some of the exercises in COPE and on your own, you may find the following helpful:

1. Even though you may have what feels like thousands of thoughts running through your mind and you don’t feel as if you are relaxing, you will likely notice at least some level of relaxation when you finish. As you practice this skill, this relaxation will increase.

2. Sometimes old or hidden pain can arise during these exercises. If you find that you are suddenly angry, frightened, depressed, etc. and you feel safe, gently allow yourself to experience the sensation without forcing yourself to try to understand it. If you feel the need, talk to someone about your experience (i.e., friend, therapist, family member, etc.)

3. You may have heard about “perfect” conditions for these types of exercises (i.e., only in a quiet place, using certain body positions, only 2 hours after you’ve eaten, etc.). If you find that you can’t find an absolutely quiet place or the only time you can practices these exercises is right after dinner, don’t let it stop you. If you find whatever is distracting you particularly bothersome (i.e., rumbling stomach, noises outside), try to incorporate it into your exercise.

4. You may not always want to practice these skills. Be gentle with yourself and find creative ways to make your practice more comfortable.

5. A few ideas that may help you maintain your skills practice include:
   - Picking a regular time and honoring that appointment as you would a doctor’s appointment or class time
   - Finding a local meditation group
   - Download an app that will help you remember
Simple Ways to get Present

**Take Ten Breaths**

This is a simple exercise to center yourself and connect with your environment. Practice throughout the day, especially any time you find yourself getting caught up in your thoughts and feelings.

1. Take ten slow, deep breaths. Focus on breathing out as slowly as possible until the lungs are completely empty and then allow the lungs to refill by themselves.


3. See if you can let your thoughts come and go as if they’re just passing cars.

4. Expand your awareness: simultaneously notice your breathing and your body. Then look around the room and notice what you can see, hear, smell, touch, and feel.

**Drop Anchor**

This is another simple exercise to center yourself and connect with the world around you. Practice it throughout the day, especially any time you find yourself getting caught up in your thoughts and feelings.

1. Plant your feet into the floor.

2. Push them down—notice the floor beneath you, supporting you.

3. Notice the muscle tension in your legs as you push your feet down.

4. Notice your entire body—and the feeling of gravity flowing down through your head, spine, and legs into your feet.

5. Now look around and notice what you can see and hear around you. Notice where you are and what you’re doing.

**Notice Five Things**

This is yet another simple exercise to center yourself and engage with your environment. Practice it throughout the day, especially any time you find yourself getting caught up in your thoughts and feelings.

1. Pause for a moment

2. Look around and notice five things that you see

3. Listen carefully and notice five things that you can hear.

4. Notice five things that you can feel in contact with your body (for example, your watch against your wrist, your trousers against your legs, the air on your face, your feet upon the floor, your back against the chair).

5. Finally do all of the above simultaneously.

© Russ Harris 2009 www.actmadesimple.com reprinted by permission of New Harbinger: www.newharbinger.com
Informal Mindfulness Practice

1. Mindfulness in your Morning Routine
Pick an activity that constitutes part of your daily morning routine, such as brushing your teeth, shaving, making the bed, or taking a shower. When you do it, totally focus attention on what you’re doing: the body movements, the taste, the touch, the smell, the sight, the sound, and so on. Notice what’s happening with an attitude of openness and curiosity.

For example, when you’re in the shower, notice the sounds of the water as it sprays out of the nozzle, as it hits your body, and as it gurgles down the drain. Notice the temperature of the water, and the feel of it in your hair, and on your shoulders, and running down your legs. Notice the sight of the water droplets on the walls or shower curtain, the water dripping down your body and the steam rising upward. Notice the movements of your arms as you wash or scrub or shampoo.

When thoughts arise, acknowledge them, and let them come and go like passing cars. Again and again, you’ll get caught up in your thoughts. As soon as you realize this has happened, gently acknowledge it, note what the thought was that distracted you, and bring your attention back to the shower.

2. Mindfulness of Domestic Chores
Pick an activity such as ironing clothes, washing dishes, vacuuming floors—something mundane that you have to do to make your life work—and do it mindfully. For example, when ironing clothes, notice the color and shape of the clothing, and the pattern made by the creases, and the new pattern as the creases disappear. Notice the hiss of the steam, the creak of the ironing board, the faint sound of the iron moving over the material. Notice the grip of your hand on the iron and the movement of your arm and your shoulder.

If boredom or frustration arises, simply acknowledge it, and bring your attention back to the task at hand. When thoughts arise, acknowledge them, let them be, and bring your attention back to what you’re doing. Again and again, your attention will wander. As soon as you realize this has happened, gently acknowledge it, note what distracted you, and bring your attention back to your current activity.

3. Mindfulness of Pleasant Activities
Pick an activity you enjoy such as cuddling with a loved one, eating lunch, stroking the cat, playing with the dog, walking in the park, listening to music or having a soothing hot bath. Do this activity mindfully: engage in it fully, using all five of your senses, and savor every moment. If and when your attention wanders, as soon as you realize it, note what distracted you, and re-engage in your activity.
Get into a comfortable position where you are sitting. Perhaps sitting upright with your feet flat on the floor, your arms and legs uncrossed, and your hands resting in your lap or on your thighs, whatever is comfortable for you.

Allow your eyes to gently close. If you would prefer to keep your eyes open, soften your gaze and gently focus on a spot a few feet in front of you. Taking a few moments to Arrive by getting in touch with the physical sensations in your body, especially the sensations of touch or pressure where your body makes contact with where you are sitting.

Being aware of your feet, your body being supported by the chair, how your hands feel with how they are making contact with your body.

Now, Gathering your attention by simply focusing on your breathing. Slowly breathing in…and slowly breathing out….breathing in….breathing out. Noticing the rise and fall of your belly and chest as you breathe in…out…in….out… It’s okay for your mind to wander away to thoughts, sensations, or feelings. Simply observing that your mind has wandered, observing your thoughts and feelings, acknowledging their presence, and then returning your attention back to the breath. Passively observing the flow of your thoughts, one after another, without trying to figure out their meaning or their relationship to one another.

As best you can, bringing an attitude of gentle acceptance to all of your experiences. There is nothing to be fixed or worked on at this time. Simply allowing your experiences to be your experiences, without needing it to be other than what it is, as you find it, in this moment. You might even catch a glimpse that there is a part of you noticing what you are noticing.

Now, allowing yourself to imagine a beautiful, slow-moving river…the water flowing along… Notice how wide or narrow it is…Noticing the color of the water…. Imagining the day – Is it sunny or overcast? Warm or cool? What season is it…? Imagining you are sitting underneath a tree on the bank of the river. Perhaps your back is resting against the trunk, gently supported. Take a deep breath. See if you can you smell the richness of the earth beneath you or perhaps scent of the land around you. Take a moment to look up into the tree. Notice the leaves rustling in the gentle breeze. What color are the leaves? What shape do they have? Listening to the sound of the gentle stirring of the leaves. Noticing that once in a while you observe a leaf dropping onto the river and flowing away.

Now gazing at the river… noticing leaves floating by on the surface of the water. Looking at the leaves and watching them… slowly drifting along downriver.
Leaves on a River
(continued)

As you sit beneath the tree on the bank of this river, becoming aware of the thoughts that are passing by in your mind. You might notice planning for something later today, reminding yourself not to forget something, remembering something that has already happened, or even judging or evaluating this exercise. Whatever you notice, each time you become aware of a thought, imagine yourself placing the thought on one of those leaves. If you think in words, put them on a leaf in words. If you think in images, put them on a leaf as an image.

Whenever a new thought enters into your mind, put each one on a leaf...observing each thought as it is on the leaf...passing in front of you...eventually drifting out of sight...down the river.... Allowing the river to move along at its own speed...

Returning to gazing at the river, waiting for the next leaf to float by with a new thought on it. When one comes along, again watching it passing in front of you and then letting it drift out of sight. The river is ever flowing...carrying each leaf along. The river is doing what is natural for rivers to do and that is to carry along whatever is floating on the surface. Thinking whatever thoughts you think, observing them, placing them on a leaf, and allowing them to flow freely along downriver, one by one.

Now, when you are ready, allow yourself to take a different perspective. Allow yourself to become the riverbed. Imagine yourself as the riverbed, holding the river and each of the leaves on the surface of the river, and even the thoughts that each leaf carries as it flows by.

As the riverbed, being aware that you are the container for the river...the leaves...and the thoughts. Perhaps even becoming aware that you do not begin or end at the banks of the river...that you extend beyond the banks of the river into the earth itself...

Imagine what the riverbed must see, experiencing the river, the leaves, and thoughts floating along. Wonder what it is like for the riverbed when the river is rushing by or when it is barely trickling, wonder if the riverbed even cares since it merely sets the context for everything to happen. Without the riverbed, there would be no river and no river to carry along the leaves and thoughts. Wonder if the riverbed cares if it is autumn with lots of leaves on the river, or spring with very few leaves.

Now, letting go of those thoughts and images and gradually widening your attention to take in the sounds around you in the room...the feeling of the chair beneath you...the feeling of the breath in your lungs.

Taking a deeper than normal breath and slowly exhaling. Taking a moment to make the intention to bring this sense of gentle-allowing and self-acceptance into the present moment ... When you are ready, slowly open your eyes.
Belly (or Diaphragmatic) Breathing

You can do this exercise in any position, but it is helpful do this exercise while lying down when first learning belly breathing.

1. Lie comfortably on your back, with a pillow under your head, your knees bent and your back flat. You can stretch your legs out if that’s more comfortable.

2. Place one hand on your belly and one hand on your upper chest.

3. Inhale slowly and expand your belly as you breathe so that your lower hand moves with your belly. The hand on your chest should remain as still as possible.

4. Slowly exhale, focusing on the movement of your belly and lower hand as it returns to its original position.

5. Repeat steps 3 & 4 for several minutes, always focusing on the movement of the belly as you breathe. If your mind wanders, gently bring your attention back to your breathing.

Breath-Counting Exercise

This exercise focuses on the use of counting with the rhythm of the breath. Start with a short period of time and gradually increase the time. Set a timer so that you don’t have to worry about when to stop.

1. Find a comfortable position. Take several deep breaths and settle into yourself. You may either close your eyes or keep them open, depending on your own comfort. If you keep them open, fix them on an object or a spot on the floor about four feet in front of you. Your eyes may either be focused or unfocused.

2. Take deep, comfortable breaths. Notice your inhalation. The pause between inhaling and exhaling, your exhalation, and the pause before starting again.

3. As you inhale, count, “one...” As you exhale, count, “two...” Inhale, “three...” Exhale, “four...” Continue until you reach 10 then start over.

4. If you lose count, simply begin with “one” on your next inhalation.

5. If you notice your mind has wandered, gently notice this and return your focus back to counting your breath.

6. If you notice any body sensations catching your attention, focus on that sensation until it fades. Then return your attention back to counting your breaths.
When trying to over-control your internal experience

Imagine you are in a pool, playing with a beach ball. The ball is your thoughts, memories, and feelings. At some point, you decide you don’t want the beach ball anymore, so you try to push it under the water and out of your consciousness. Every time you push the ball under, it pops back up so you have to keep pushing it down and holding it under. Struggling in this way keeps the ball close to you and you become tired and frustrated. Imagine yourself letting go of the ball and allowing it to just float on the surface of the water. Either way, your hands are free and you can now enjoy a swim in the pool.

Clarifying your values

A professor stood before a class with a large jar on the table in front of the room. The professor filled the empty jar with ping pong balls and asked the class if the jar was full. They all agreed that it was. Then the professor picked up a container of small rocks and poured them into the jar so they filled the space between the balls. Again, the professor asked the class if the jar was full. The students responded with a unanimous yes.

Next, the professor picked up a bag of sand and poured it into the jar, filling the spaces between the rocks and balls. When asked if the jar was full, the classroom agreed it was.

The professor said, “This jar represents your life. The ping pong balls are the important things—your family, physical health, friendships, passions—things that if everything else was lost and only they remained, your life would still be full. The small rocks are the other things that matter, like your career, your home, and your car. The sand is everything else—the little stuff. If you put sand in the jar first, you won’t have room for the rocks, let alone the ping pong balls. The same goes for life. If you fill all your time and energy on the little stuff, you won’t have space for the things that are the most important to you. Make time for things that are crucial to a meaningful life. Play with your pets. Call your grandmother. Take time to get a checkup. Laugh with your friends. Go on vacation. There will always be time to do the chores around the house and change the light bulbs. Prioritize the ping pong balls first, the things that really matter. The rest is just sand.”
You are greater than your internal experiences

Imagine yourself as the sky and that your thoughts, feelings, and other internal experiences are the weather. The weather changes continuously, but no matter how bad it gets, it can’t hurt the sky. The mightiest thunderstorms, hurricanes, and blizzards rage through the sky and yet the sky remains unharmed, unchanged. And no matter how big the storms get, the sky has room for it. Plus, sooner or later, the weather always changes, leaving the same beautiful blue sky in its wake.

Committing to Action

Imagine you are the driver on a bus that is on the route of your life. Passengers, like thoughts, memories, feelings, get on and off, and you continue to drive. Some of the passengers are scary. Maybe they shout “You’re useless!” or “You’re going the wrong way!!” What if they start threatening you, telling you they’ll hurt you unless you do what they say?

It’s as if you’ve made a deal with the passengers, and the deal is, “You sit quietly in the back of the bus where I can’t see you, and I’ll do whatever you say.” So, you drive the bus on a different route, one that keeps the scary passengers quiet. You can almost forget they’re there. At some point, you get tired of this route and try to turn onto a new street. Immediately the scary passengers jump up, shouting and threatening again. They seem bigger and scarier than before, and you immediately keep going where they want you to go.

What if you turned anyway? The scary passengers haven’t ever hurt you. In fact, they can’t hurt you without stranding themselves. Imagine you decide to turn. You brace yourself, check the mirror, and turn onto a new street. The passengers yell, threaten, and get right up in your face. And you keep driving. You make it back to the route you truly wanted to be on, and the passengers eventually get tired of yelling and sit back down. Everyone once in a while one of the passengers tries to threaten you again, but you don’t allow it to push you off course. This is your bus, and you want to get back to living your life, to driving on the route you have chosen for your life.
Online Resources

**CAPS Website**
http://www.caps.wcu.edu

**Integrative Health Partners**
http://www.integrativehealthpartners.org/resources.shtml

**Think Mindfully**
http://www.thinkmindfully.com

**Mayo Clinic Stress Reduction Website**
http://www.mayoclinic.com/health/mindfulness-exercises/MY02124

**Meditation Oasis**
www.meditationoasis.com

**Mindful**
www.mindful.org

**Mindfulness Research Guide**
http://www.mindfulexperience.org/

**WebMD**

**Apps for your Smartphone, Tablet, or Computer**

<table>
<thead>
<tr>
<th>ACT Coach</th>
<th>Take a break!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breathing Techniques by Hemalayaa</td>
<td>Breathe2relax</td>
</tr>
<tr>
<td>CBTi-Coach</td>
<td>Mindfulness Coach</td>
</tr>
<tr>
<td>Mindshift</td>
<td>Headspace</td>
</tr>
<tr>
<td></td>
<td>T2 Mood Tracker</td>
</tr>
<tr>
<td></td>
<td>Calm</td>
</tr>
</tbody>
</table>

**Books for Further Reading**

The Anxiety and Phobia Workbook by Bourne (2011)

Get Out of Your Mind and Into Your Life by Hayes & Smith (2005)

The Mindful Way Workbook by Teasdale, Williams, Segal, & Kabat-Zinn (2014)


**Scientific References**


Seminar 3
Openness

Journal Exercise: Acceptance of Pain and Struggling

____________________________________
____________________________________
____________________________________
____________________________________
____________________________________
____________________________________
____________________________________
____________________________________

Journal Exercise: Magic Wand?

____________________________________
____________________________________
____________________________________
____________________________________
____________________________________
____________________________________
____________________________________
____________________________________

Tip! Remember to intentionally select your strategies:
1. Change: When we need to change something outside of ourselves.
2. Openness: When we are experiencing uncomfortable thoughts, feelings, sensations, etc.
Seminar 3 Worksheet
Acceptance of Pain and Struggling

As you continue to reflect on the Acceptance of Pain and Struggling exercise, please record the details of your experience here.

What has it been like to struggle with this experience?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What have I done to control this experience? Have my attempts to control my experience caused more distress or problems?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What have I given up in the service of trying to reduce or control my pain? In other words, what have I sacrificed in my life that is valuable?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________


Values are a series of multiple journeys with milestones to let you know you are heading in your chosen direction. It’s the journey, not the destination.
**Seminar 3 Worksheet: Acceptance of Pain and Struggling**

Values are what we find meaningful in life. They are what you care about and consider to be important. Values are different for everybody and they can change over time. They aren’t goals so much as a direction.

The domains below are valued by some people. Leaving aside any obstacles for the moment, think about what is important to you, and what you think makes for a meaningful life that you could value.

<table>
<thead>
<tr>
<th>Domain</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family Relations</strong></td>
<td><em>What kind of relationships do you want with your family? What kind of mother/father/brother/sister/uncle/aunt/child do you want to be?</em></td>
</tr>
<tr>
<td><strong>Physical Wellbeing</strong></td>
<td><em>What kind of values do you have regarding your physical wellbeing? How do you want to look after yourself?</em></td>
</tr>
<tr>
<td><strong>Citizenship / Community</strong></td>
<td><em>What kind of environment do you want to be a part of? How do you want to contribute to your community?</em></td>
</tr>
<tr>
<td><strong>Spirituality</strong></td>
<td><em>If applicable, what kind of relationship do you want with God(s) / nature / the Earth?</em></td>
</tr>
<tr>
<td><strong>Partner Relationships</strong></td>
<td><em>What kind of husband/wife/partner do you want to be? What quality of relationship do you want to be a part of?</em></td>
</tr>
<tr>
<td><strong>Parenting</strong></td>
<td><em>If applicable, what sort of parent do you want to be? What qualities do you want your children to see in you?</em></td>
</tr>
<tr>
<td><strong>Social Relationships</strong></td>
<td><em>What sort of friend do you want to be? What friendships are important to cultivate? How would you like to act towards your friends?</em></td>
</tr>
<tr>
<td><strong>Recreation</strong></td>
<td><em>How would you like to enjoy yourself? What relaxes you? When are you most playful?</em></td>
</tr>
<tr>
<td><strong>Career</strong></td>
<td><em>What kind of work is valuable to you? What qualities do you want to bring as an employee? What kind of work relationships would you like to build?</em></td>
</tr>
<tr>
<td><strong>Education/Growth</strong></td>
<td><em>How would you like to grow? What kind of skills would you like to develop? What would you like to know more about?</em></td>
</tr>
</tbody>
</table>

For each of these domains write a quick summary of your values, such as, “to live a healthy life and take care of my body” (physical wellbeing), or “to be a good friend to people who need me, and to enjoy my time with the people I love” (friendships).

Rate each domain for how important it is to you from 0 (not important) to 10 (very important).
Seminar 3 Journal Exercise: Values

Consider these questions as you think about your values. You can refer back to pages 18-19 as necessary.

If you continue to avoid your unpleasant internal experiences, how long are you willing to wait to live your life?

In your waiting for the unpleasant internal experiences to go away, how much are you giving up in the mean time?

What do you think would happen if, instead of waiting for an unwanted internal experience to go away before you started living your life to the fullest, you just started living your life and openly accepting your experiences?