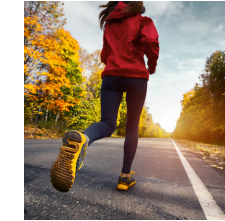


ADAPTING TO CHANGE

Skills to help you
respond positively
to challenges



Physical Exercise and Sleep Habits (10 minutes +/-)

After completing this session, you will be able to:

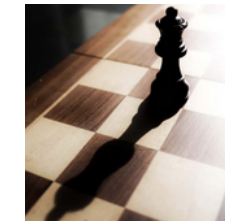
- Recognize how physical exercise influences anxiety
- Recognize the benefits of good sleep habits
- Change your sleep environment to make it more sleep friendly



Obstacles to Effective Time Management (20 minutes +/-)

After completing this session, you will be able to:

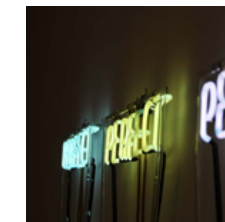
- Identify obstacles that interfere with managing time efficiently
- Learn strategies to remove obstacles to time management
- Identify which obstacles you find yourself doing



Problem Solving Model (25 minutes +/-)

After completing this session, you will be able to:

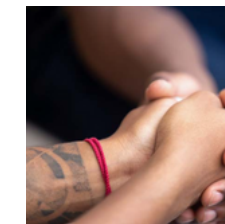
- Learn a 4-step problem solving model
- Recognize what you can and can't change



Overcoming Perfectionism (11 minutes +/-)

After completing this session, you will be able to:

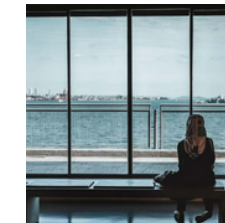
- Understand what negative perfectionism is
- Understand ways of changing perfectionistic thinking



Social Support (10 minutes +/-)

After completing this session, you will be able to:

- Understand how relationships and social connections help keep you connected with life
- Understand how relationships and social connections overcome problems.



Overcoming Loneliness (11 minutes +/-)

After completing this session, you will be able to:

- Learn about the negative health impact of loneliness and isolation
- Learn some strategies for re-engaging socially



Click on the title
photo to begin.

DE-STRESS SUCCESS

Skills for
thriving
today



Relaxation (15 minutes +/-)

After completing this session, you will be able to:

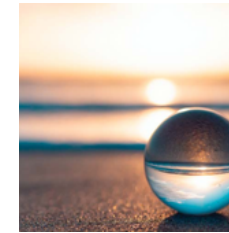
- Determine potential barriers to relaxation in your life
- Identify how the relaxation response is a counter to the fight-or-flight response



Mindfulness Tips (10 minutes +/-)

After completing this session, you will be able to:

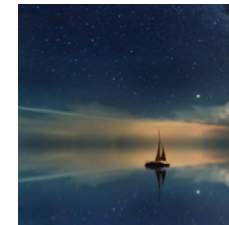
- After completing this session, you will be able to demonstrate and understanding of mindfulness, evaluate mindfulness in your life and apply mindfulness in your life.



Progressive Muscle Relaxation (15 minutes +/-)

After completing this session, you will be able to:

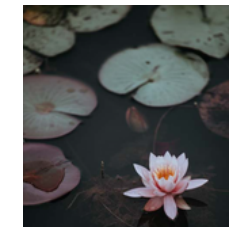
- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform progressive muscle relaxation



Guided Imagery (20 minutes +/-)

After completing this session, you will be able to:

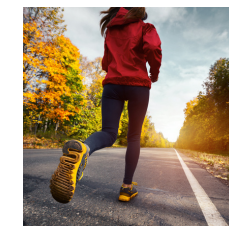
- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform guided imagery exercises



Deep Breathing (10 minutes +/-)

After completing this session, you will be able to:

- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform deep breathing exercises



Lifestyle Factors (25 minutes +/-)

After completing this session, you will be able to:

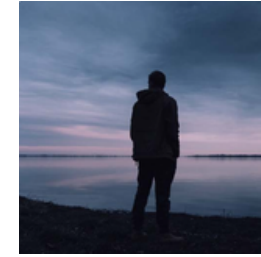
- Recognize how lifestyle factors influence anxiety
- Face anxiety-provoking situations



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UNDERSTANDING DEPRESSION

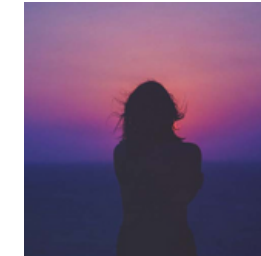
Prioritizing
your mental
health



Understanding Depression (15 minutes +/-)

After completing this session, you will be able to:

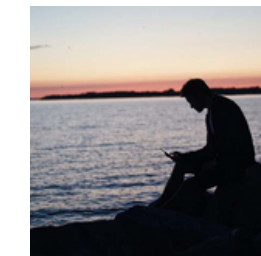
- define depression
- list consequences of depression
- identify the symptoms of depression



Causes of Depression (12 minutes +/-)

After completing this session, you will have:

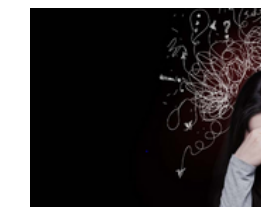
- you will be able to explain the causes of depression.



Overcoming Depression (7 minutes +/-)

After completing this session, you will:

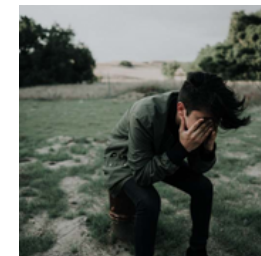
- be able explain ways of overcoming depression



Feelings and Thoughts (25 minutes +/-)

After completing this session, you will:

- Explain the relationship between thoughts and feelings.
- Distinguish between your own Thoughts and Feelings.



Layers of Thinking (45 minutes +/-)

After completing this session, you will:

- Understand different layers of thinking.
- Identify thoughts, assumptions, core beliefs in your own life.
- Determine whether thoughts, assumptions, core beliefs are helpful or unhelpful



Click on the title
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EVALUATING SUBSTANCE USE



and
Taking Control



Evaluating Alcohol and Drug Use (59 minutes +/-)

After completing this session, you will be able to:

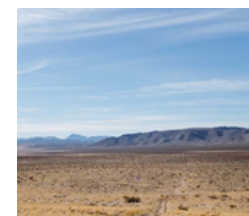
- Know the difference between substance-related situational problems, substance abuse, and substance dependence
- Identify problems you have experienced related to alcohol and drug use
- Identify signs and symptoms of substance dependence or addiction



Alcohol Literacy Challenge (30 minutes +/-)

After completing this session, you will be able to:

- Learn to distinguish between myths and realities of alcohol effects.
- Understand the difference between mental effects and physical effects of alcohol.



Unhelpful Thoughts (10 minutes +/-)

After completing this session, you will be able to:

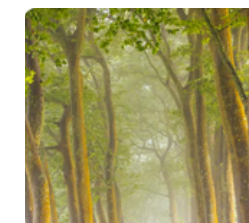
- Identify common unhelpful thoughts
- Evaluate the degree to which unhelpful thoughts play a role in your life



Making Decisions About Alcohol or Drug Use (45 minutes +/-)

After completing this session, you will be able to:

- Determine your goal for changing your substance use pattern
- Identify hazard situations that contribute to the harmful effect of alcohol and drugs



Maximizing Your Odds at Success (20 minutes +/-)

After completing this session, you will:

- Identify effective strategies for saying 'No' to alcohol and drugs in social situations
- Recognize passive, aggressive, passive-aggressive, assertive responses to offers to drink or use
- Be able to identify high-risk situations
- Form assertive responses to high-risk situations



Click on the title
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THE KEY: COMMUNICATION

Create a strong and
supportive network
to help you achieve
your goals



Communication Strategies (20 minutes +/-)

After completing this session, you will have learned:

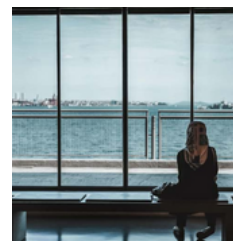
- Learn strategies to communicate more effectively
- Learn about 'I feel' Statements
- Learn about Listening-Reflecting (Listening to something and paraphrasing)
- Learn about communicating clearly online



Different Types of Communication (15 minutes +/-)

After completing this session, you will have learned:

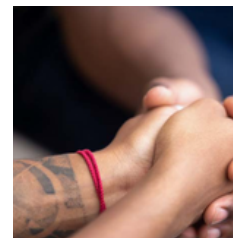
- Learn to describe different types of communication: passive, passive-aggressive, aggressive, and assertive
- Learn to identify less helpful (passive, aggressive, and passive-aggressive communications) statements
- Learn to create assertive responses in a variety of situations



Overcoming Loneliness (11 minutes +/-)

In this session, you will:

- Learn about the negative health impact of loneliness and isolation
- Learn some strategies for re-engaging socially



Social Support (10 minutes +/-)

After completing this session, you will be able to:

- understand how relationships and social connections help keep you connected with life
- understand how relationships and social connections overcome problems.



Understanding & Avoiding Drama in Relationships (25 minutes +/-)

After completing this session, you will be able to:

- Describe the roles and relationships in the Karpman Drama Triangle model
- Identify times you have observed the roles in your life
- Know strategies to help avoid drama
- Improve communications in relationships



Click on the title
photo to begin.