

Slide Transcription for Coping Skills Seminar: Strengthening Motivation

Coping Skills Seminar

Strengthening Motivation

Counselling & Psychological Services

University of Waterloo

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In This Seminar...

You will learn

- to be active in changing or overcoming obstacles, problems, or triggers;
- to identify and live in line with your values;
- behavioural activation; and
- problem solving.

You will learn a progressive muscle relaxation exercise.

Why Focus on Behaviour?

- If you don't do anything, odds are you will not get caught up
- If you take steps to deal with the issues, odds are you will reduce your stress and increase your chances of success

Problem-Focused Strategies

- Involve taking steps to change a situation that is causing difficulty
- Deal with the problem and provide long term solutions, not just short term gains
- Will not work in situations where the problem or stressor is beyond your control to change

Common Obstacles

We all face issues that can, at times, interfere with our ability to do the things we want or need to do.

We'll discuss two common problems today:

- Loss of energy/motivation
- Not behaving in line with our values

Common Obstacles

1. Loss of energy/motivation
 - When mood, anxiety, or stress are an issue, motivation often decreases.
 - You may give up activities that you once enjoyed
 - You miss out on feeling good and having positive experiences
 - You may neglect your tasks and responsibilities
 - The list begins to pile up and you begin to feel overwhelmed, guilty, or like a failure
 - Get stuck in a cycle too difficult to escape from

Increasing Energy and Motivation

One solution is to start to slowly increase activity level.

- Activity helps you to feel better
 - Gives your mind something else to think about
 - Helps you feel less tired
 - Helps you think more clearly

Doing things, even a little at a time, gives sense that you are moving forward.

Increasing Energy and Motivation

You'll want to start doing simple things that result in more positive feelings.

- Introduce a balance of activities that bring pleasure and/or achievement
- Increase positive feelings

Include a mixture of activities.

- Socializing and doing homework

- Watching TV and doing homework

Quick Tips

You might not get same level of positive feelings as before. Don't stop after one or two activities; keep going and give it a chance to work.

Don't try to do too much too soon.

- Start with small, easy steps
- Break it down into manageable steps

Don't feel like doing the task?

- Five-minute rule

Measurable Goals

1. Plan to do things that are achievable
2. Break it down into smaller steps
3. Commit to doing the task for five minutes
4. The important thing is not what you do or how much you do, but simply the fact that you are doing
5. Action is the first step, not motivation

Let's Practice

See handout: Strengthening Motivation.

Choose activities to do in the coming week.

- Include pleasurable and achievement-type tasks
- Fill in 'have-to' do tasks first
- Try to follow your plan, but don't worry if unexpected things come up

Common Obstacles

2. Not behaving in line with your values
 - Values provide direction, guidance, and a sense of purpose in our lives
 - Values are not goals
 - There is no end point
 - They are not meant to be 'accomplished' or crossed off 'to-do' list

Values

Looking at your values and behaving in line with your values can move you forward.

Looking at what matters gives us flexibility and motivation to be aware and to act with intentionality to how we want to live our lives.

Let's Practice

See handout: Values Wheel.

Stages of Change

Image: The stages of change. 1. No, not me. Pre-contemplation. 2. Well, Maybe. Contemplation. 3. So, Ok. What do I do now? Preparation. 4. Ok. Let's do this. Action. 5. It is possible. Maintenance.

Before you can begin to change behaviours and do things differently, it can help to understand how ready you are to make the changes.

Stages of Change

Image: The stages of change. 1. No, not me. Pre-contemplation. 2. Well, Maybe. Contemplation. 3. So, Ok. What do I do now? Preparation. 4. Ok. Let's do this. Action. 5. It is possible. Maintenance.

Effective Problem Solving

1. Identify and choose the problem
2. Understand the problem
3. Brainstorm solutions
4. Compare options
5. Decide on solution
6. Take action

Relaxation Exercise

Progressive muscle relaxation

- Teaches you how to relax your muscles through a two-step process
 - Systematically tense particular muscle groups in your body
 - Release the tension and notice how your muscles feel when you relax them

Relaxation Exercise

See handout: Progressive Muscle Relaxation

- It can be helpful to listen to someone guide you through these steps
- Many available online or in smartphone apps or you can record your own
- Practise daily for best results

Progressive Muscle Relaxation Exercise

The Different Muscle Groups	Action
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Forehead	Wrinkle forehead. Try to make your eyebrows touch your hairline for five seconds. Relax.
Eyes and nose	Close your eyes as tightly as you can for five seconds. Relax
Lips, cheeks, and jaw	Draw corners of your mouth back and grimace for five seconds. Relax. Feel the calmness and warmth in your face.
Hands	Extend arms in front of you; clench fists tightly for five seconds. Relax, and feel the warmth and calmness in your hands.
Forearms	Extend arms out against an invisible wall and push forward with hands for five seconds. Relax.
Upper arms	Bend elbow. Tense biceps for five seconds. Relax, and feel the tension leave your arms.
Shoulders	Shrug your shoulders up to your ears for five seconds. Relax
Back	Arch your back off the floor or bed, or away from your chair, for five seconds. Relax. Feel the anxiety and tension disappearing.
Stomach	Tighten your stomach muscles for five seconds. Relax.
Hips, buttocks	Tighten buttocks for five seconds. Relax.
Thighs	Tighten thigh muscles by pressing legs together as tightly as you can for five seconds. Relax.
Feet	Bend ankles toward your body as far as you can for five seconds. Relax.
Toes	Curl toes under as tightly as you can for five seconds. Relax.

Progressive Muscle Relaxation Exercise

From The Relaxation and Stress Reduction Workbook by Davis, Robbins & McKay

Please take a moment to listen, relax, and participate in this activity. To advance to the next slide, select the forward button to move on.

Wrapping Up

Questions?

We would appreciate your input and encourage you to take a few moments to help us improve our seminars by completing the online evaluation form.

What's Next?

1. Complete the feedback form
2. Call or visit Counselling Services for more resource information or for an appointment
3. Speak to your Health Care Provider – Campus Health Services, family physician, nutritionist, etc.
4. Develop your own Wellness Plan

Emergency Contacts

On Campus? Call ex. 22222

Contact Campus Police for emergency services on campus at ext. 84911 OR (519) 888-4911

Away from campus? Call 911

In a crisis? Feel unsafe? Worried you might hurt yourself or others?

- Contact someone you trust
- Go to the nearest hospital or safe place
- Call a local help line
- Contact us during regular University of Waterloo hours at Counselling Services, Mental Health, or Health Services and we'll try to find local supports to help you
- See list of Waterloo Region emergency contacts on the next slide
- If you are out of the country we will do our best to accommodate your communication needs and appointment time requirements. Teleconference, phone, etc. can be accommodated as necessary.
- Let us know how we can help!

Emergency Contacts

University of Waterloo Resources

Counselling Services 519-888-4567 x32655

Health Services 519-888-4096

Mental Health 519-888-4567 x 31976

University of Waterloo Police (24/7) 519-888-4911

Region of Waterloo Resources

Crisis Clinic Grand River Hospital 519-742-3611

Good2Talk 1-866-925-5454 or 211

Campus Wellness
Counselling Services



Hear 24/7 1-844-437-3247

Kitchener-Waterloo Distress Line 519-745-1166

Kitchener-Waterloo Sexual Assault Support Centre (24/7) 519-741-8633

Telecare Cambridge Distress Help Line 519-658-5455

Mobile Crisis Team (24/7) 519-744-1813

Waterloo Region Sexual Assault/Domestic Violence Treatment Centre 519-749-6994