

Coping Skills Seminars

Strengthening Motivation Handout
Counselling Services

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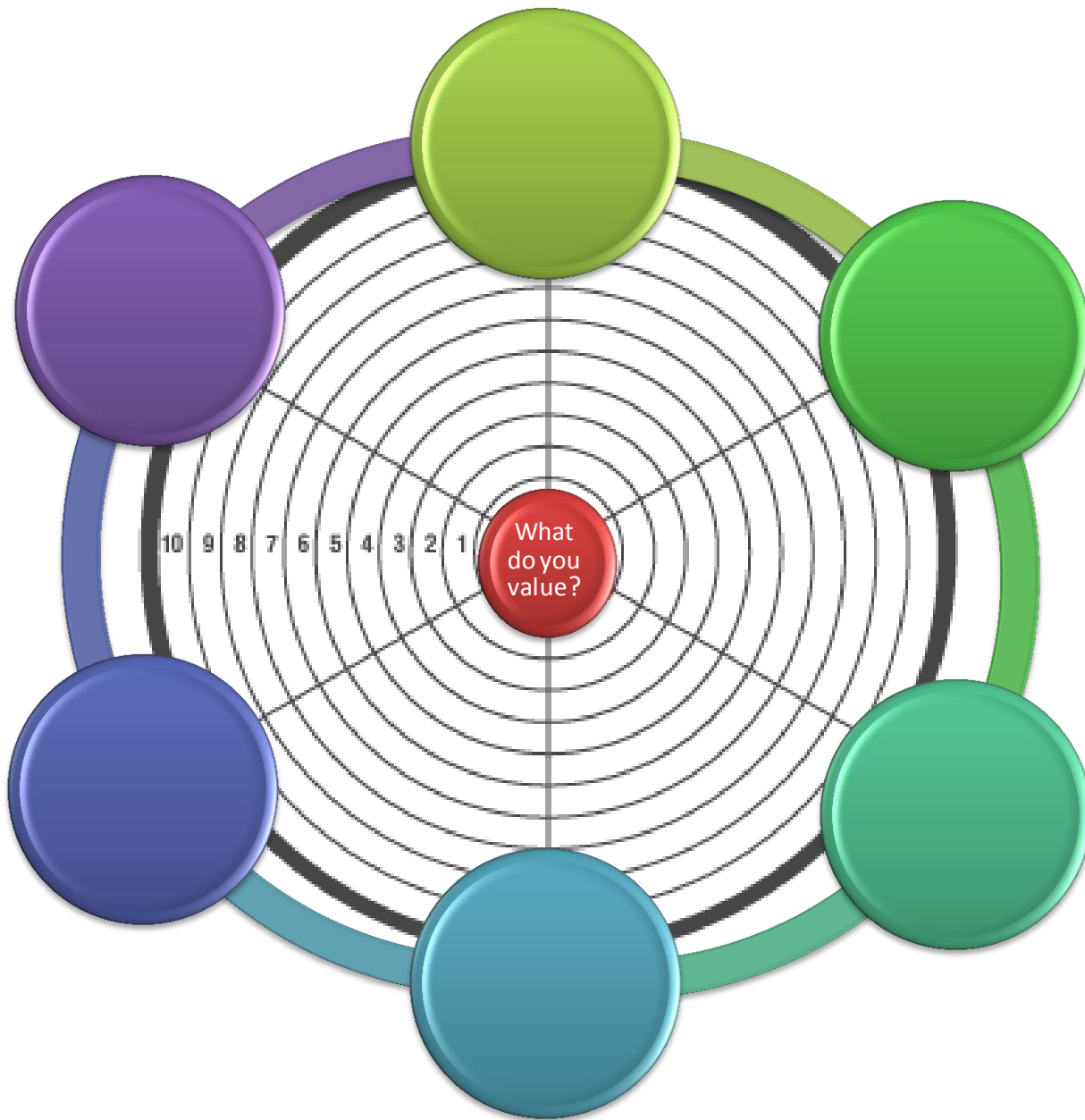
Daily activity diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 – 9:00							
9:00 – 10:00							
10:00 – 11:00							
11:00 – 12:00							
12:00 – 1:00							
1:00 – 2:00							
2:00 – 3:00							
3:00 – 4:00							
4:00 – 5:00							
5:00 – 6:00							
6:00 – 7:00							
7:00 – 8:00							
8:00 – 9:00							
9:00 – 10:00							
10:00 – 11:00							
11:00 – 12:00							

Activities ideas

1. Soaking in the bathtub
2. Collecting things (coins, shells, etc.)
3. Repurposing old items
4. Going on a date
5. Going to a movie
6. Listening to music
7. Recalling past parties
8. Lying in the sun
9. Laughing
10. Thinking about my past trips
11. Listening to others
12. Spending an evening with good friends
13. Planning a day's activities
14. Meeting new people
15. Remembering beautiful scenery
16. Card and board games
17. Going to the gym, doing aerobics
18. Eating a delicious treat
19. Practising karate, judo, yoga
20. Working on my car (bicycle)
21. Getting dressed up
22. Having quiet evenings
23. Going swimming
24. Doodling, sketching, painting
25. Exercising
26. Going to a party
27. Going window shopping
28. Playing sports
29. Having discussions with friends
30. Having family get-togethers
31. Having or thinking about sex
32. Singing around the house
33. Practising spirituality
34. A day with nothing to do
35. Going ice skating, roller blading
36. Doing something new/spontaneous
37. Doing embroidery, cross stitching
38. Entertaining
39. Singing with groups
40. Flirting
41. Playing musical instruments
42. Doing arts and crafts
43. Making a gift for someone
44. Watching boxing, wrestling
45. Planning parties
46. Cooking, baking
47. Going hiking, walking, jogging
48. Writing books (poems, articles)
49. Working
50. Going out to dinner
51. Discussing books
52. Sightseeing
53. Kissing
54. Going to plays and concerts
55. Daydreaming
56. Going for a drive
57. Listening to music
58. Watching TV, videos
59. Making lists of tasks
60. Going bike riding
61. Completing a task
62. Thinking about my achievements
63. Photography
64. Going fishing or to the beach
65. Thinking about pleasant events
66. Star gazing
67. Reading books, magazines
68. Acting
69. Being alone
70. Writing diary/journal entries or letters
71. Cleaning
72. Dancing
73. Going on a picnic
74. Meditating
75. Having lunch with a friend
76. Happy childhood memories
77. Solving riddles mentally
78. Having a political discussion
79. Knitting/crocheting/quilting
80. Doing crossword puzzles
81. Reflecting on how I've improved
82. Buying something for myself
83. Going to museums, art galleries
84. Lighting candles
85. Getting/giving a massage
86. Saying "I love you"
87. Thinking about my good qualities
88. Going skiing, canoeing or rafting
89. Going bowling or rockclimbing
90. Doing woodworking
91. Fantasizing about the future
92. Doing ballet, jazz/tap dancing
93. Playing computer games
94. Going horseback riding
95. Volunteering
96. Making jigsaw puzzles

Arrange these values around your values wheel and rank their importance to you. Check mark or colour in the corresponding number on the wheel to show how important each value is to you. 1 being not that important in comparison to the other values you chose, 10 being extremely important in comparison to the other values you chose.



Now revisit your values wheel and check mark or colour in the amount of time you are currently spending working towards each value. 1 being not that much time in comparison to the other values you chose, 10 being a lot of time in comparison to the other values you chose.

Are your identified values in balance with the amount of time you spend on them?

Creating balance in your values to help you attain your goals

Write down one of the top values you identified and then list three actions that you will take to support that value.

Value:	<ul style="list-style-type: none">• Action:
Value:	<ul style="list-style-type: none">• Action:
Value:	<ul style="list-style-type: none">• Action:

Identifying and balancing your most important values is a useful starting point for setting meaningful goals.

Tip 1: Review your values periodically, especially as your life circumstances change.

Tip 2: To see how your current actions support your goals, complete the next assignment in this module, Practice 2.

Steps to action

Step 1: Identify and choose

- Coming up with a solution is easier when you clearly identify the problem
 - Doing some monitoring may help first
 - Big versus small; direct or indirect
- Pick a smaller problem that directly involves you and is happening now
- State the problem as clearly and objectively as possible

Step 2: Understand

- Have you had this problem before?
 - If so, how did you handle it
- Do you need to find out more information?
- What would be different if the problem were solved?
 - How would you feel?
 - What would you be able to do?

Step 3: Brainstorm solutions

- Think of things you might do to solve the problem and write them down
 - Try to generate at least 5 solutions
 - Be creative
 - Don't try to decide what would be best, just jot down any ideas
 - Don't dismiss solutions that you've tried but haven't worked – situations change!

Step 4: Compare options

- Eliminate less desirable or unreasonable actions
- Examine the pros and cons for each action
- Consider which is most likely to help the problem

Step 5: Decide on solution

- Order the potential solutions in order of preference
- Make a plan to carry out the most preferred actions

Step 6: Take action

- Put the solution into practice
 - Effective goal setting:
 - Moving from knowing what you should do to planning to making it happen
 - SMART goals are the most powerful way to make sure that you actually do what you intend to do

Problem to solution exercise

Example problem to solution

Clearly identified problem	Possible solution	Pros	Cons	Chosen solution(s)
Experiencing excessive anxiety during exams because I don't feel prepared.	Talk to a friend.	Possibly hear a different perspective. Emotional release by getting it out.	Embarrassed to share feelings. Stigma associated with admitting to feeling anxious.	
	Study more	Know the material better and feel more prepared. Develop better habits for future courses.	Will have to give up time with friends. Don't understand the material as well as I want.	
	Exercise	Reduce physical symptoms. Healthy.	Tough to exercise before 8:30 exam. Won't help me learn material.	
	Get extra help (SSO, Counselling, TA, classmate, tutor)	Can help me learn/understand the material more. Can help me feel more prepared for future courses/career.	Embarrassing to admit I'm having problems. Takes time out of my already busy schedule.	

Problem to solution exercise

Brainstorm your own problem to solution plan

Clearly identified problem	Possible solution	Pros	Cons	Chosen solution(s)

Progressive Muscle Relaxation Sample Script

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

Begin to relax as you take a few slow, deep breaths...now as you let the rest of your body relax, clench your fists and bend them back at the wrist...tighter and tighter...feel the tension in your fists and forearms...now relax...feel the looseness in your hands and forearms...notice the contrast with the tension...now bend your elbows and tense your biceps...tense them as hard as you can and observe the feeling of tautness...let your hands drop down and relax...feel that difference...

Turn your attention to your head and wrinkle your forehead as tight as you can...feel the tension in your forehead and scalp...now relax and smooth it out...imagine your entire forehead and scalp becoming smooth and at rest...now frown and notice the strain spreading throughout your forehead...let go...allow your brow to become smooth again...squeeze your eyes closed...tighter...relax your eyes...let them remain closed gently and comfortably...now open your mouth wide and feel the tension in your jaw...relax your jaw...when your jaw is relaxed, your lips will be slightly parted...notice the contrast between tension and relaxation...now press your tongue against the roof of your mouth...experience the strain in the back of your mouth...relax...press your lips now, purse them into an 'O'...relax your lips...feel the relaxation in your forehead, scalp, eyes, jaw, tongue, and lips...let go more and more...

Now roll your head slowly around on your neck, feeling the point of tension shifting as your head moves...and then slowly roll your head the other way...relax, allowing your head to return to a comfortable upright position...now shrug your shoulders...bring your shoulders up toward your ears...hold it...drop your shoulders back down and feel the relaxation spreading through your neck, throat and shoulders...pure relaxation, deeper and deeper...

Now breathe in and fill your lungs completely, hold your breath...experience the tension...now exhale and let your chest become loose...continue relaxing, letting your breath come freely and gently...notice the tension draining out of your muscles with each exhalation...next tighten your stomach and hold...feel the tension...relax...now place your hand on your stomach...breathe deeply into your stomach, pushing your hand up...hold...and relax...feel the sensations of relaxation as the air rushes out...now arch your back, without straining...keep the rest of your body as relaxed as possible...focus on the tension in your lower back...now relax...let the tension dissolve away...

Tighten your buttocks and thighs...relax and feel the difference...now straighten and tense your legs and curl your toes downward...experience the tension...relax...straighten and tense your legs and bend your toes toward your face...relax...

Feel the comfortable warmth and heaviness of deep relaxation throughout your entire body as you continue to breathe slowly and deeply...you can relax even more as you move up through your body, letting go of the last bit of tension in your body...relax your feet...relax your ankles...relax your calves...relax your shins...relax your knees...relax your thighs...relax your buttocks...let the relaxation spread to your stomach...to your lower back...to your chest...let go more and more...feel the relaxation deepening in your shoulders...in your arms...and in your hands...deeper and deeper...notice the feeling of looseness and relaxation in your neck...your jaw...your face...and your scalp...continue to breathe slowly and deeply...your entire body is comfortably loose and relaxed, calm and rested.

Progressive Muscle Relaxation

The Different Muscle Groups

During this exercise, you will be working with almost all the major muscle groups in your body. To make it easier to remember, start with your forehead and systematically move down (or if you prefer, you can do it in the reverse order, from your feet up to your forehead). For example:

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 elbows. Tense biceps for five seconds. Relax, and feel the tension leave your arms.

Shoulders: Shrug 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.