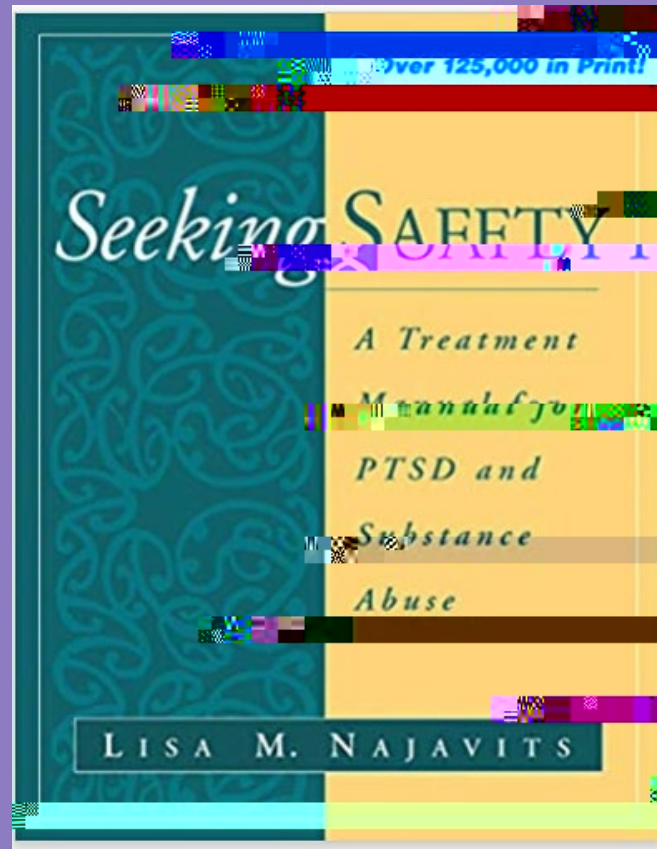


# Coping Skills: Respecting Your Time



Presented by  
Student Health and Counseling Services

# Coping Skills Curricula taken from Seeking Safety by Lisa M. Najavits



# Zoom Guidelines

Please mute your audio while others are talking and type any questions into the chat box

Your video can be off or on, whatever makes you most comfortable

Confidentiality, and Zoom limitations

# Community Agreements

Push yourself to participate

Focus on your own experience

Share headlines, not details

Step forward, step back

Ask others before giving them  
feedback

Assume positive intent from others

Take responsibility for your needs

# Butterfly Hug for Self Soothing



Check in: How are you (weather analogy)?  
What safe coping skill did you use this week?

## Examples of safe coping:

**Ask for Help** - reach out to someone safe

**Cry** - let yourself cry. It will not last forever.

**Create a new story** - You are the author of your life: be the hero who  
overcomes adversity

**Take good care of your body** - eat right, exercise, sleep, practice  
safe sex . . .

**Compassion** - listen to yourself with respect and care

**Structure your day** - a productive schedule keeps you on track &  
connected with the world

**Inspire yourself** - carry something positive (eg. poem) or negative (eg.  
picture of friend who overdosed)

**Detach from emotional pain** - grounding

**Setbacks are not failures**

**Watch for danger signs** (red and green flags) - face a problem  
before it becomes huge

## Quote of the Day:

“The future depends on what we do  
in the present. ”

-

# Respecting Your Time

Let's explore how we use our time, and what it says about us and our wellness.

Looking at **Handout 1** you have 2 options for fil



# Are you Respecting Your Time?

Fill out handout that is a reflection on how you utilize your time.

When you look at your use of time what are your reactions?

What does your use of time tell you about your priorities and your self-respect? (are you taking care of your needs not just others, have enough time that is entirely yours to enjoy (1 hour/ day recommended, protect time from being wasted by other people?)

How would you like to change your use of time? (eg. priorities, time alone, balance work and play, etc.)

# Ideas for a Commitment Share in chat

e

e

e

ay

Option 1: Interview two people in your life this week--one person who uses time well, and one who doesn't. Ask them questions such as "What is your schedule?", "How do you feel about how you use time?", "How do you try to get yourself to use time well?" (If you can't think of someone who uses time well, consider your boss, your AA sponsor, or your therapist.)

Option 2: Create a schedule for the week ahead (using the blank schedule from today's session). Focus on how to use time to make wellness your top priority

Option 3: Get a book on time management. Look through it until you find one new way to use your time better. One outstanding book is *Seven Habits of Highly Effective People* by Stephen J. Covey (1989). It explores using your time to implement the values you care about. <https://www.entrepreneur.com/article/329378> ("15 of the Best Time Management Books of All Time")

# Additional Resources

Apps: MoodMission, Shine, Happify, Calm, MindShine, QuitThat!

Counseling Groups throughout every week

Virtual RAW events: Mindful Minutes

Pioneers for HOPE - support with food and housing special events such as Mental Health Moves. Follow them on Instagram:

@Pioneersforhope

Follow us on Instagram - @eastbayshcs

Feedback form

Thank you for joining us!  
Keep an eye on your schedule  
and making time for self-care  
and wellness activities.  
We hope to see you again next  
week!

