

An introduction to self-care & healthy coping through increasing our connection to positive emotions

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We COPE

SESSION OVERVIEW

We COPE

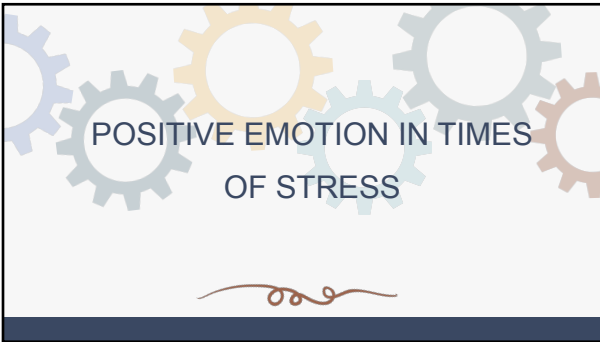
SKILLS THAT INCREASE POSITIVE AFFECT

- Notice positive events
- Capitalize on positive events
- Gratitude
- Mindfulness
- Positive Reappraisal
- Focus on personal strengths
- Make and pursue attainable goals
- Acts of Kindness

Judy Moskowitz, Ph.D. Plants and PPIs

- DAHLIA:** A RCT of a positive affect skills intervention for people with type 2 diabetes
- IRISS:** A RCT of a positive affect skills intervention for people newly diagnosed with HIV.
- LAUREL:** A study of a positive affect skills intervention for people with bipolar 1 disorder.
- LILAC:** A RCT of a positive affect skills intervention for women with stage IV breast cancer.
- ORCHID:** A RCT of a positive affect skills intervention for HIV-positive people with depressive symptoms.
- LEAF 1.0:** A RCT of a positive affect skills intervention for caregivers of people with dementia.
- LEAF 2.0:** A RCT of a positive affect skills intervention for caregivers of people with Alzheimer's disease comparing online and facilitated delivery. (In the field.)






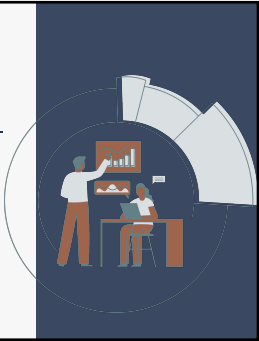
How are you feeling today?

Glad	Joy	Sad	Mad	Bad	Afraid
Affectionate	Grateful	Depressed	Annoyed	Ashamed	Anxious
Amazed	Happy	Disappointed	Frustrated	Bored	Concerned
Amused	Joyful	Discouraged	Furious	Confused	Guarded
Calm	Delighted	Hurt	Grumpy	Disgusted	Insecure
Content	Enthusiastic	Indifferent	Irritated	Embarrassed	Pressured
Curious	Optimistic	Lonely	Resentful	Envious	Scared
Encouraged	Flourishing	Neutral	Stuck	Exhausted	Shaky
Energetic		Numb	Tense	Impatient	Troubled
Fulfilled		Puzzled	Upset	Lethargic	Uncomfortable
Hopeful		Reluctant		Overwhelmed	Vulnerable
Intrigued		Sad		Queasy	Worried
Open		Tom		Shocked	
Peaceful		Unhappy		Stressed	
Pleased				Surprised	
Relaxed				Tired	
Satisfied					

Emotions are useful in a number of ways, such as

-  Giving us important information about a situation we are in.
-  Helping us understand others, and help others understand us.
-  Motivating our behavior so we can plan for action.

WHAT'S THE RESEARCH?




Research has shown that focusing on positive emotions helps people

- Cope with negative experiences/stress
- Protect against the negative health effects of chronic stress
- Perceived more positively
- Better problem solving, more successful
- Better performance and higher evaluations at work
- Better teamwork, lower burnout, engagement, empathy
- Increase relationship satisfaction & quality (romantic partner, family, friendships)

POSITIVE EMOTIONS

ignoring the negative

always feeling good



How do you increase positive emotion?



Noticing positive events

POSITIVE EMOTIONS CAN BE SMALL, EVERYDAY THINGS

LISTENING TO MUSIC

CATCHING UP WITH A FRIEND

ENJOYING A CUP OF COFFEE

WATCHING A FUNNY MOVIE WITH YOUR PARTNER



Savoring Positive Events

Capitalize on the good

- Slow down and focus
- Write about it
- Tell someone about it
- Re-visit the moment in your mind



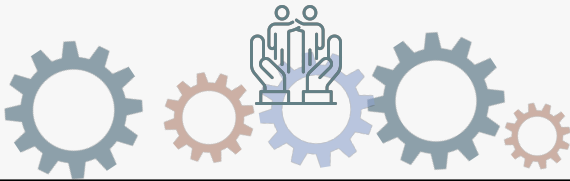
Extends the good feeling

Helps you cope with stress



Gratitude

as a feeling
of thankfulness and appreciation



WHAT IS MINDFULNESS

"...paying attention in a particular way: on purpose, in the present moment, with a non-judgmental and accepting attitude."



SKILL #9

Acts of Kindness

What are our outcomes?

96% of participants report that the skills from WeCOPE helped them cope with stress

I joined this class because I'd had many recent very impactful events and expected some upcoming. I learned from her many new ways to help with stress and self awareness but also learned from her the same things that I often coach others and forget to follow those same practices. Her presence was calm, supporting, and reassuring as we went through the sessions. Thank you!

Looking back...What is one thing you would like to try?

We COPE
