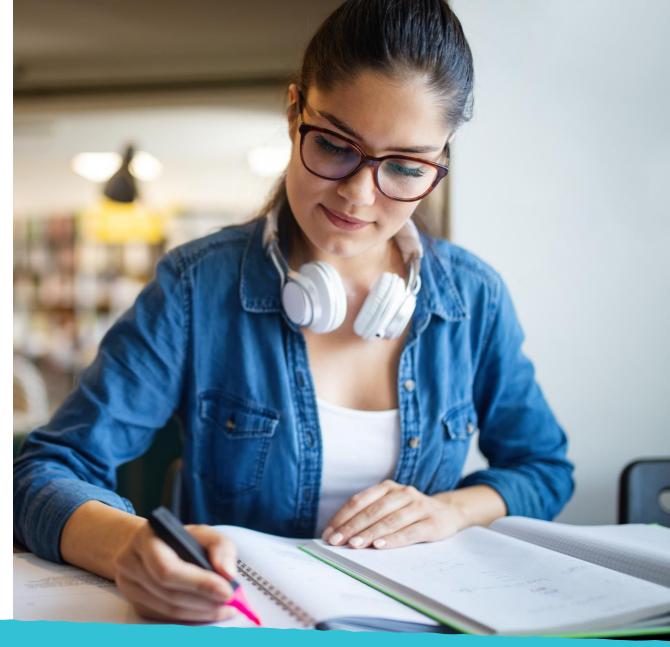




## Learning Objectives

#### This lesson will cover:

- Resilience and healthy relationships
- Stressors and coping strategies
- Personal boundaries
- Refusal skills



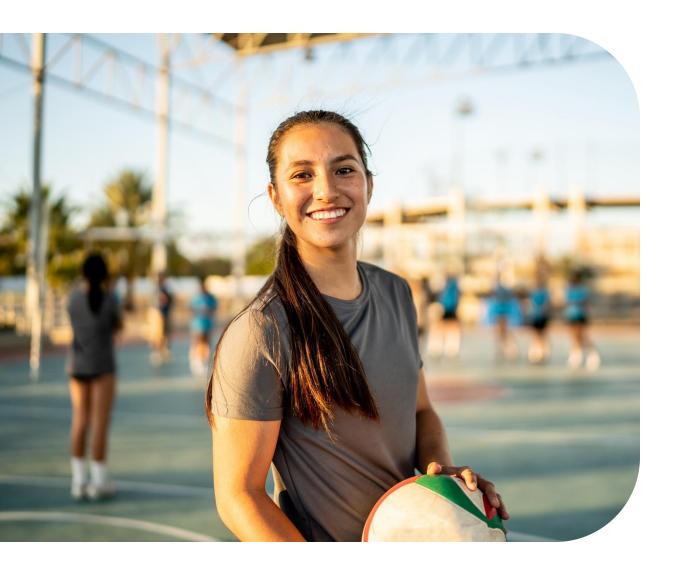


## What is Resilience?

**Resilience** is the ability to adapt, cope, and thrive in the face of tough or stressful situations and can be learned, practiced, and increased over time.



Lesson: 2 Building Coping Skills | What is Resilience?



### Building Resilience

## There are many ways to build **resilience**.

- Building supportive relationships
- Practicing positive coping strategies
- Implementing problem-solving skills
- Getting a new perspective





Everyday **stressors**, just like the name implies, can be anything that causes you to feel stressed.



Lesson: 2 Building Coping Skills | Stressors

## External stressors

#### **External stressors**

come from outside influences that you likely can't control.



Lesson: 2 Building Coping Skills | External Stressors



## Internal stressors

#### **Internal stressors**

are harder to notice because no one may know they're there except you.

Lesson: 2 Building Coping Skills | Internal Stressors

## Activity 1

What's Stressing You Out Right Now?



Lesson: 2 Building Coping Skills | Stressors Activity

## Activity 2

### Your Response **Tendency**





Everyone responds to stressors differently. It's helpf situations because this can influence your actions. implement coping strategies to help you positively

This self-assessment will identify your response

Consider the following scenarios and circle the response would be, not what you think it shou



#### When faced with a challenging as

- A. Dive in and start working on it ir B. Feel overwhelmed and unsure
- C. Avoid thinking about it until th D. Seek help or guidance from o

#### If I experience conflict with a

- A. Address the issue directly a B. Give myself some space to
- C. Pretend like everything is
- D. Seek support or advice fr



#### When dealing with a majo

- A. Adapt quickly and look B. Feel anxious or overwh C. Avoid thinking about
- D. Seek reassurance or



#### Q4 If I have a lot on my p A. Prioritize tasks and

- B. Feel unsure where C. Ignore the stress
- D. Reach out to frie



#### If someone offers you likely refuse

- A. Firmly decline B. Ignore the qu
- C. Plan what yo D. Seek suppo

THE FACTS. YOUR



Drum roll, please... let's find out your Response Tendency! Use the lines below to write how many of each letter

rotal numb	questions.	
Total numb	er of As circled:	
Total numb	r of As circled:	
Total number	of Bs circled: of Cs circled:	
	of Cs circled: of Ds circled:	
2011-	oled;	

Do you have a tie between your top letters? Read the descriptions below and decide which of the responses Response Tendency Descriptions:

Response Tendency Descriptions:

Remember, this self-assessment is just a starting point to understand yourself better. Your tendency might change over time, and you may notice that you respond in more than one way depending on the situation. Remember, this self-assessment is just a starting point to understand yourself better. Your tendency might change over time, and you may notice that you respond in more than one way depending on the situation.



might be a Bull. Bulls tend to respond to stress by charging forward addressing or confronting the situation

head-on, often without thinking too much about the consequences.



If most of your responses are B, you might be an Ostrich. Ostriches tend

to respond to stress by putting their head in the sand. They may withdraw, escape, or try and avoid the situation



If most of your responses are C, you might be a Possum. Possums tend to

respond to stress by playing dead often feeling stuck or numb to the situation and unable to move forward



If most of your responses are D, you

might be a Fawn. Fawns tend to respond to stress by going with the flow – asking for help first, seeking the approval of others, and trying to keep

My Response Tendency is



Learn more about making smart choices: TheFactsYourFuture.org

## J SCUSS Post-Activity Discussion



# What are coping strategies?

**Coping strategies** are things we do and think to help us deal with stressful events to help make them less uncomfortable.



Lesson: 2 Building Coping Skills | Coping Strategies

## Healthy & Unhealthy Coping Strategies



build the skills of resilience, making you better able to respond to different kinds of challenges.

## Unhealthy coping strategies

can provide short-term relief, but they typically lead to harmful situations.

## Activity 3

## Healthy Coping Strategies Collage Activity

#### **Directions:**

Think of some positive coping strategies that you use in your own life. As we discuss possible strategies as a class, take a few of these post-it notes and write down a positive coping strategy on each note.



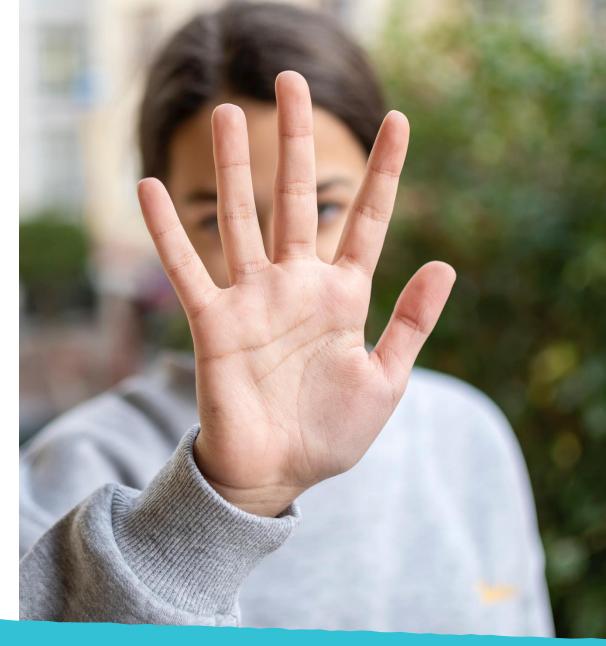
Lesson: 2 Building Coping Skills | Coping Strategies Activity

## J SCUSS Post-Activity Discussion



# What is a Personal Boundary?

A **personal boundary** is a limit you set that lets other people know what is okay and not okay to say and do to you or around you.



Lesson: 2 Building Coping Skills | Personal boundaries

#### Example 1

Maybe someone sat too close to you, and you moved over to give you both more room.

You were setting a physical boundary.

#### Example 2

Maybe someone was spreading rumors about a friend, and you spoke up letting them know that wasn't okay.

You set an emotional boundary here.

Example 3

Maybe you blocked or unfollowed someone on social media who posted rude or derogatory messages.

This is one example of creating a digital boundary.

It's important to remember that your boundaries may vary depending on the person, or the situation, and they will likely change over time.



Lesson: 2 Building Coping Skills | Personal boundaries



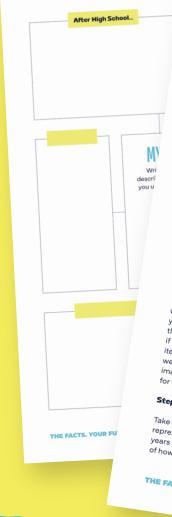


# Using Refusal Skills Discussion

Lesson: 2 Building Coping Skills | Refusal Skills

## Activity 4

### **My Brand Story & Vision Activity**



FACTS. YOUR FUTURE

## MY BRAND STORY & VISION

Knowing what's important to you helps you make the best choices to get where you want to go. Like defining knowing what's important to you neips you make the best choices to get where you want to go. Like defining choices, what's important to you may be influenced by friends and family, your culture, and the different choices, what's important to you may be influenced by friends and family, your culture, and the different groups you're a part of. These factors (and many more) also contribute to who you are as an individual, but groups you're a part or, inese ractors (and many more) also contribute to who you are as an individual, but they don't necessarily define you. You do, You get to choose who you want to be, what matters to you, and

The board on the following page will help you picture your goals so that you can decide what things should and The board on the following page will neip you picture your goals so that you can decide what things should and shouldn't be a part of your life now to help you achieve your goals, and how to create your personal brand story.

If you had a personal brand, what words would describe you? Consider your values, things that make you If you had a personal brand, what words would describe you? Consider your values, things that make you unique, parts of you that make you feel proud, parts of your life history that make you who you are, along unique, parts or you that make you feel proug, parts of your life history that make you who you are, along with things like personality traits, talents, likes and dislikes, interests, accomplishments, and challenges. Be with things like personality traits, talents, likes and dislikes, interests, accomplishments, and cas authentic as possible. Write or draw these elements of yourself in the My Brand Story box. Step 2: Think About Your Aspirations (Vision)

Think about your dreams and goals for the future, and the qualities you want to represent your life. Your future Inink about your dreams and goals for the ruture, and the qualities you want to represent your life. Four ruture goals might include things you want to learn, accomplish, or experience, or places you want to explore or visit. goals might include things you want to learn, accomplish, or experience, or places you want to explore or visit.

Consider what you want for various parts of your life such as school, career, personal growth, relationships, Consider what you want for various parts of your life such as school, career, personal growth, relationships, hobbies, and welfness. In the <u>yellow boxes</u>, write some of your goals. \*Note: The future can refer to the next hobbies, and wellness. In the yellow boxes, write some of your goals. Note: The future can refer to the next few weeks or months, the next year, or even the next 5 years. It's ok if you haven't thought about some of these Step 3: Gather Inspiration & Create Your Vision Board

Thinking about your hopes and goals from Step 2, write words, statements, or draw pictures that will remind you of the dreams and goals you have for yourself - the things you want to do. Consider leaving space here if you plan to expand your vision board with printed items that you glue to the board after browsing through websites, social media, magazines, or newspapers for images, quotes, and words. If you'd like, include a date for when you want to accomplish your goal.



#### Step 4: Reflect and Personalize

Take a step back and look at your vision board. Reflect on the images and words you've chosen, and how they lake a step back and look at your vision board. Reflect on the images and words you've chosen, and now they represent your dreams and aspirations. Is this how you see yourself now? Is this how you see yourself in a few you've chosen you've created reflect what matters most to you? Does it help you't to think represent your oreams and aspirations, is this now you see yourseir now is this now you see yourseir in a rew years from now? Does the vision you've created reflect what matters most to you? Does it help you to think of how your actions today will help you get to your goals? THE FACTS. YOUR FUTURE.

Create Your Brand Story -----

## ANY QUESTIONS?

## Resources

If you know someone has issues with continued opioid or substance use, talk to a trusted adult. A doctor can screen for signs of drug use and related health conditions and suggest possible next steps.

#### Other more immediate resources include:

**988 Florida Lifeline:** A free behavioral health support service, available 24/7, that connects Floridians to a crisis counselor in their immediate area. Call, text, or chat 988 to be connected to trained counselors. **988FLORIDALIFELINE.COM** 

CORE Network: A long-term substance use disorder recovery program designed to establish a coordinated system of care for those seeking treatment for substance use disorder. FLCORENETWORK.COM

**iSaveFL:** Drug overdose is a nationwide epidemic and an increasing number of Floridians are losing their lives to overdose - you can help save a life with naloxone. **ISAVEFL.COM** 

Local Services: If you or someone you know is in need of substance abuse and/or mental health services, Department of Children and Families' local managing entities can help you locate available programs.

MYFLFAMILIES.COM/SAMH-GET-HELP

Lesson: 2 Defining Choices | Resources