

# Rise Up:

## **Recognize, Inspire, Stabilize, Empower & Unlock Potential**

We are a small private practice in Westfield with big goals of making positive impact on our community. We wanted to help our community especially the families who are going through this time of uncertainty. At Serendipity we take the time to get to know each of our clients' unique journeys which have led them to this moment. Helping our clients' & their families grow & rebuild themselves is our priority. A major component of this is we invest not only our time but our passion into helping them attain their goals.

Thank you for downloading our workshop! We absolutely LOVE Coping Skills & this is an overview of our Rise Up workshop. This is an interactive and fun workshop with numerous activities which covers starting to develop a Coping Skill Toolbox while explaining the Why, What and How to implement them into our daily lives. This workshop hopes to inspire you to utilize new coping techniques & recognize your inner strengths & resilience. Below is an overview of the topic that will be covered.

**Coping Skill Toolbox:** We believe having a variety of diverse coping skills allows people to feel more in control of their symptoms. Different situations will require different coping skills which is why having multiple to pull from is so important.

**Verbalizing Emotions Effectively:** Learning to use “I” statements while using an Emotions Chart can assist children in their daily lives. Having them identify which emotion they feel a certain coping skill will work best with can also be helpful.

**Managing Anxiety:** Having Coping skills you can use when around others are extremely useful. We will be sharing some of our most often utilized by our clients. These techniques will help shift your mindset from the “what-ifs” & excessive worry to controlled breathing & increased awareness of your thoughts.

**Utilizing Ground Techniques:** This set of coping skills allows you to utilize them while not drawing attention to yourself and are particularly useful in school, work, and settings when you are around others. These techniques also get you out of your head and back into the present moment.

**Breathing Techniques:** Being mindful of our breathing in times of anxiety & playing an active role in controlling is a great tool to have. There are endless techniques you can use, we have chosen a few of our favorites and that are easy to learn.

**Yoga/Meditation/Mindfulness:** There are countless benefits from incorporating yoga, meditation, and mindfulness into your coping skills toolbox. Decreasing stress, relieving anxiety, increased focus & self-awareness of emotions, improved physical health.

**Smile Jar Activity:** This activity can be powerful & symbolic activity in building a sense of Self-Worth in your child. We absolutely love this activity and it is something we have utilize numerous times in workshops and sessions. It appears to simple but the meaning and symbolism it can have on an individual is immense. Building a sense of self-worth and being able to identify positive affirmations as a child will assist them in reinforcing their Resiliency & Self-Esteem.

**Little changes each day can lead to monumental growth & happiness. Do not wait for the perfect time to make your mental health and happiness a priority. Challenge yourself to start building positive momentum toward change today!**

These past few months of uncertainty have been difficult & have affected countless lives. If you or someone you know could benefit from Mental Health Services, please reach out for help. If you have any questions or are looking for additional support, please reach out at 413-579-8887 or [www.SerendipityPsych.com](http://www.SerendipityPsych.com)

# Smile Jars:

## Building Self Worth & Identifying Positive Affirmations



This is an Easy Activity all you need is:

**Container-**Jar, Box **Paper-**Colorful, Post-it Notes, etc. **Decorating:** Pens, Markers, Stickers

- 1.) Have your child start by making a list of Positive Affirmations, Positive Traits, Things they do well, favorite Uplifting quote or anything that will build their self-worth. (Goal is for them to self-identify positive things about themselves, parents can assist as needed)
- 2.) Parents & Family members are encouraged to add to their child Smile Jars.
- 3.) Transfer the list to strips of paper (bright colors are suggested) and have them add it to their Smile Jar.
- 4.) Feel free to have each child decorate their smiles jars anyway they would like with stickers, pictures, or labels.
- 5.) Have your child utilize & add to the Smile Jar as much as needed for Support, Reinforcing Self-Worth,

It is important to make this a fun & interactive activity, so often we find themselves stuck in a negative mindset & dismissing the positives & focusing the negatives. Allow your child to discuss any negative thoughts or beliefs they have about themselves and use this time to redirect and affirm all the AMAZING things they are good at and characteristics which make them who they are.

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**\*\*Tip:** If you get stuck with thinking of Positive Affirmations/Quotes there are numerous templates, ideas and more on Pinterest.

# Coping skills Hacks



## **Superman Pose:**

Stand with your arm on your hips and push your chest out, take a deep breath, this increases the oxygen to your lungs and opens your airway. It helps you regroup.

## **Chair Stretch ala Catch Your Breathe:**

link arms behind your chair and stretch backwards but really you are taking a deeper breath and opening your lungs.

## **Grounding:**

Using the room you are in look around and think of

5 things you can SEE

4 things you can FEEL

3 things you can HEAR

2 things you can SMELL

1 things you can TASTE

However, you can determine which senses are with what number depending on your environment.

## **5,5,5 Breathing:**

5 Inhale for 5 Seconds, Hold for 5 second, Exhale for 5 seconds.

## **Distract yourself:**

Music- listen to favorite songs

Dance It Out

Watching funny videos

## **Improving your Daily life can Affect Anxiety:**

**Sleep Hygiene-** Getting enough sleep regularly.

**Exercise-** Being Active has tremendous benefits.

Eating a Balanced diet!