

SESSION 10:

How to cope with trouble

Objectives

1. Participants will understand what coping is and what are the kinds of coping.
2. Participants will recognize that there are many ways to cope with a situation.
3. Participants will practice selecting ways of coping for different situations.
4. Participants will practice relaxation, also learning about "quickie" relaxations and how to hide relaxation.

Rationale

By any standards the youths in this program lead very stressful lives. Youths without this degree of stress are at risk for HIV; thus how much more vulnerable are adolescents without homes and supports. Teaching how to cope with stress and difficult situations is an essential strategy to reducing the risk of HIV/AIDS in this population. If a young person has dysfunctional or limited ways to reduce stress, the stress may intensify and inappropriate action is more likely to result.

This session introduces participants to more formal ways of coping and assumes that it is useful to understand what coping is designed to do: reduce uncomfortable feelings and fix situations. It is assumed as well that exposing participants to a wide range of coping strategies and actions will stimulate their trying more approaches and developing a larger coping repertoire - which is positive.

Two well-respected and effective coping strategies are problem solving and relaxation. Therefore these two skills are demonstrated and practiced as a way of opening the next series of sessions devoted to handling stressful situations.

Procedures

1. Introduce participants and the session by asking people their names and what they would do if confronted with a hairy creature who had fangs. Review the homework on one more question about sex and successful stay safe situations that occurred. Check the Feeling Thermometer readings as well.
2. Present a model of coping which is built on instrumental and emotional functions, using scripts to illustrate the two types.
3. Familiarize participants with basic coping strategies (stand your ground, escape, seek support, etc.) and have them sort actions into these categories in order to learn of the many ways of coping from which one can choose.
4. Model the complexities of coping. Success depends on the right approach at the right time in the right situation for the right person.

5. Have a participant role play a person with a problem in order to learn how to analyze a situation (describe its aspects, thoughts, feelings, actions and degree of satisfaction with those actions) and come up with what the problem is. Problem definition is emphasized to insure working on matters over which the person has control.
6. Continue with the role playing in order to give participants an opportunity to learn what the components of problem solving are and how to problem solve.
7. Have participants select one minute relaxation exercises and use them to relax the group.
8. Show how to hide relaxation in public places.
9. Assign homework of analyzing a situation and trying relaxation.
10. Build group cohesion and sense of competency through giving appreciation to members' contributions. Also check Feeling Thermometers.

Materials

Tokens

Feeling Thermometers

Blackout scripts

Ways of Coping handout

Coping Categories Signs

Coping Actions cards

Role play instructions

Form on Analyzing Situations

Form on Problem Solving

Quickie Relaxation cards

Hand out on Hiding Relaxation

Newsprint and marking pens

Pencils

Exercise 1: Introducing and reviewing

Leader says

I'm pleased to see that you are ready for another session of "Stay Safe!"

In "Stay Safe!" one of the main goals is to help you handle difficult situations which might lead to unsafe

sexual behavior.

We don't want you to get HIV.

If you already are HIV-positive, we don't want you to re-infect yourself - which can make things worse.

We want to slow the spread of HIV and AIDS in ourselves, our friends, and the community.

Also we want you to know your goals and to reach the goals you have set.

Each one of you has plans for the future.

Someday we may have a reunion, and I will want to see a bunch of happy people.

By the way where are the condoms that you carry around with you all the time?

Have group members show their condoms and give out tokens for those who have them.

Let's go around and introduce ourselves.

Tell your name and tell us what you would do if you opened the door and saw a hairy creature with fangs and fingernails like a tiger standing there.

Make it a one sentence answer.

Just say "I'm Marlene, and I would ask the creature in for dinner."

I'll start. I'm _____ and I would _____.

Have everyone give their name and what they would do if they opened the door and found a creature standing there.

Very good.

How are you feeling right now on the Feeling Thermometer?

Encourage responding and pass out tokens for participation and for group members to use.

Remember how important it is to stay in touch with how much discomfort and comfort you are feeling and what those feelings are.

At the end of the last session I asked you to write on a card one more question on sex that you would like answered.

Will you please pass in those cards, and we'll try to answer them.

Collect cards. Shuffle the cards; pass them out. Have the group members answer them. Give correct answers when they are needed. Use tokens.

It's good to see our getting straight about sexuality.

Most people really know much less than they let on to.

By now you are becoming real experts.

What did you do since we last met to stay safe?

I'm interested in anything you did no matter how important or unimportant it might seem. I want you to be healthy so you can live the kind of life you want.

So what did you do?

Encourage sharing and give out tokens. Catch someone doing something good.

Exercise 2: What is coping?

When I asked you to tell us what you would do if a creature was at the door, you gave us answers: shut the door; run away.

Each answer is an example of "coping."

"Coping" is what you do to handle a situation.

Coping can be effective or it can not work so well.

For many of the next sessions we are going to be working on coping.

We want to improve our ability to handle situations.

When a situation happens, some place inside your head you answer two questions: "Is this situation a threat to me?" and "Can I handle it?"

Most of us are not aware that we answer these two questions.

If we think the situation is a threat and if we think we can't handle it, then we put a lot of stress on ourselves - which makes it worse.

So by the time we get through with our training we want to make sure that we can tell if the situation really is threatening.

We want to make sure that we believe we can handle it.

And we want to make sure we have the coping skills to handle it.

There are two kinds of coping.

One kind of coping helps us feel better.

Feeling better is important because if we feel too uncomfortable or too out of control, we'll have trouble handling things.

The other kind of coping tries to fix the situation.

We usually do both kinds of coping.

Let's do a couple of Blackouts to illustrate these two kinds of coping.

Who will play Jeff and who will play Mary?

Select the volunteers to read the roles and have them begin.

Jeff and Mary

JEFF: But I thought you liked me.

MARY: I do like you.

JEFF: So why won't you go with me?

MARY: I don't want to be tied down to any one person.

JEFF: Oh, shit! Is that your final answer?

MARY: Yes.

JEFF: I'm going out and get drunk.

THE END

So which kind of coping is Jeff using? Taking care of his feelings or fixing the situation?

Encourage answers. Jeff is using an emotional coping response. Remember to give out tokens.

Here is one more Blackout.

Who will be Roberto and who will read Lee Ann?

Select volunteers and have them begin reading the scene.

Roberto and Lee Ann

ROBERTO: I'm not using a rubber.

LEE ANN: Look, I've told you before that I don't want to take a chance on getting HIV. It's really important to me that you use one.

ROBERTO: I'm clean! Don't your trust me?

LEE ANN: Please you a rubber.

ROBERTO: No way!

LEE ANN: No way - then no sex. I like you. I want sex with you, but I'm more important than having sex. Let me know when you are ready to use one.

THE END

So which coping approach did Lee Ann use?

Encourage answers. Lee Ann used a coping response which tries to fix the situation.

Exercise 3: What are the ways to cope?

The more ways you know how to cope, the more successful you will be.

Many people know only a few ways to cope.

Today I want to expose you to lots of different ways.

I don't expect you to memorize them or remember them all.

Next time you face a situation I want a little light to go off in your head so that you say to yourself, "Wait a minute. There's lots of ways I can handle this."

The main ways of coping are to 1) Stand Your Ground 2) Keep Distance 3) Control Yourself 4) Seek Support 5) Solve the Problem 6) Correct Yourself 7) Escape the Scene 8) Give It Meaning.

Here is a handout which explains them.

Hand out "Ways of Coping" and go over it, having each group member read one. After each person reads his or her line from "Ways of Coping," have them do a quick role play to illustrate when that way of coping might be helpful. Give the first line to the other group member as it is below:

Stand your ground

Other: "Tonight we are not using a condom when we have sex."

(Encourage response such as): "Oh, yes we are!"

Keep distance

Other: "I am worried that my partner is mad at me because I won't agree to unsafe sex. What can I do to keep my mind off it?"

(Encourage response such as): "Let's go to a movie."

Control yourself

Other: "in a few minutes my new date will be here. I'm so nervous. What can I do?"

(Encourage response such as): "Take a few deep breaths."

Seek support

Other: "if you feel all alone, isn't there someone you could talk to?"

(Encourage response such as): "I guess I could call up my friend, Bill."

Solve the problem

Other: "I haven't got a place to live. What am I going to do?"

(Encourage response such as): "Well, let's start by figuring out what kind of place you're looking for. Then we can look at some choices."

Correct yourself

Other: "I meant to practice safer sex last night, but I didn't. So now what do I do?"

(Encourage response such as): "Tell yourself that you really are going to try harder and promise to do better."

Escape the scene

Other: "Here comes that mean bastard who hit me yesterday. What should I do?"

(Encourage response such as): "Let's run!"

Give it meaning

Other: "My girlfriend (boyfriend) dumped me for someone else. I don't know what to think."

(Encourage response such as): "she/he wasn't one you could trust. Now you can find somebody better."

I want each of you to read aloud what is written about one kind of coping.

After you have read it, we will do a quick role play to demonstrate when that kind of coping might be helpful.

I'll have another group member play a friend of yours, and you try to use the kind of coping you read about to help them or deal with them.

For example, if I read about "standing your ground" and the other person says to me, "I want you to smoke crack" then I might begin by saying, "Are you crazy? I don't want to smoke crack."

That response would show "standing my ground."

Select someone to start the reading and role playing. Go through all of the ways of coping.

That was really good.

Give out tokens.

Ways of Coping

Stand your ground

Fight back. Let your feelings out. Pressure people. Take risks.

Keep distance

Push the pressure away from you by forgetting it, playing it down, getting involved with something else.

Control yourself

Keep feelings to yourself. Relax. Stay cool. Don't act in haste. Rehearse things in your mind.

Seek support

Get help and sympathy from other people such as friends, family, religious or spiritual leaders as well as professionals.

Solve the problem

Finds ways to work the situation out by defining what is wrong; seeing what is important to you; coming up with alternatives and trying an alternative out.

Correct yourself

Admit your responsibility in the matter. Apologize. Lecture yourself. Make commitments to change and do better.

Escape the scene

Avoid the problem by wishing it would go away. Taking it out on others. Sleeping, eating, drinking, drugging, smoking too much. Acting like nothing happened. Running away.

Give it meaning

Look at the situation differently. See the opportunities in the situation. See how you can grow from the situation. See the situation as bearable. See the situation as less important to you.

Now let's practice putting a coping response in the right category.

First I am going to put the main headings here on the table.

Place 8 small signs on the table: 1) stand your ground 2) keep distance 3) control yourself 4) seek support 5) solve the problem 6) correct myself 7) escape the scene 8) give it meaning.

Now I will give each of you two cards that have coping actions on them.

I want you to go up to the table, tell us what your cards say, and then put your cards under the right heading.

Mix up the coping action cards. Pass out the coping action cards. The cards and right categories are as follows:

CATEGORIES

Stand your ground

Keep distance

Control yourself

Seek support

Solve the problem

Correct yourself

Escape the scene

Give it meaning

CARDS

Told them "No, I won't do it."

Expressed anger towards the people who caused the problem

Went to the movies to forget it

Refused to get serious about it

Took a couple of deep breaths

Went over in my mind what I would say to them

Asked my friend for advice

Told my priest what the situation was

Looked for more information about the situation

Put together a plan

Came up with 4 ways to try to fix it

Admitted I had been wrong

Promised myself I would do better next time

Got drunk for three days

Hoped a miracle would happen

Took off for a different city

Accepted I couldn't change it and made the best of it

Figured out that staying healthy was more important than being liked

Let me give you an example of how to do this.

If my card said "Argued with people to change their minds," I would put it in the "Stand your Ground" pile.

I'm out there trying to tell people that they are wrong and I'm right.

That coping action doesn't fit in the other piles.

OK now, see what piles you would put the coping action cards in.

Have each group member read her/his card and then put in the right place.

What were your reactions to this exercise?

Let's start with your feeling levels.

What is your feeling level right now.

Obtain feeling levels.

Now what about the task - your thoughts and reactions to it?

Encourage discussion

Before we try our hands at coping with some situations I want to make an important point.

A coping approach that works fine in one situation may fail in a different situation.

For example, my best friend dies of AIDS.

I feel terrible. I can't live without my friend. I must have my friend back.

I am going to try problem solving to bring my best friend back.

What will happen if I keep trying to solve that problem?

Encourage answers.

I will become really frustrated, upset and depressed if I stick with problem solving to bring my friend back.

I have to accept the fact of my friend's death, deal with it, and move on.

Another example: You are sitting under a tree in the park.

You glance up and see this wild looking guy running at you with a big butcher knife in his hands.

Is this the time to practice your relaxation exercises?

Encourage answers.

No! This is the time to run as fast as you can.

It is important to have the right coping action for the right person at the right time in the right situation.

When you start trying new ways, remember to trust yourselves and that it takes time to build up skills.

Coping actions might not work the first time that you try them.

It's important to keep trying.

Also there are times when you have to go off and scream and yell at the wall.

You may need to clear your head by getting intense feelings out first.

That doesn't mean letting it all hang out at the person who bugs you is a good idea.

Finally remember that only you can make the choices.

So now we want to take a look at two important ways of handling situations: one related to fixing it and the other to taking care of your feelings.

Exercise 4: Figuring out the problem

One of the best coping techniques to learn is problem solving.

We will be using problem solving frequently in future sessions.

Our first task is to figure out what the problem is.

If someone says they have a problem, a good approach is to ask them to describe a situation where the problem comes up.

Describing the situation should tell you the four W's: who, where, when, and what.

Who was involved?

Where did it take place?

When did it take place?

And what happened?

Then we want to know what the person thought, felt and did.

Last we want to know if they were happy with what they did.

Asking them if they are happy about what they did is really important because it leads us to defining the problem.

I'll come back to this point after we have demonstrated describing the situation, thoughts, feelings and actions.

Who will be Joe - the guy with the problem?

Select a volunteer and give Joe the background information.

Joe, here, will need a moment to read the background information.

Joe's background information

Last week you went drinking with some of your buddies. You finished a six pack of beer in a vacant lot where you guys often hung out. Then you met your girlfriend, Bonnie, in the park. You felt pretty happy and horny. You tried to kiss her, and she pushed you away. You were surprised and hurt. That pissed you. The bitch! She accused you of drinking. She had no right to say you were drunk because you weren't. You thought that she's always picking on you. You pulled her to you, and she screamed, "Get your f..king hands off me!" You suddenly felt really angry and slapped her hard. She ran away. You wonder how you are going to keep her as a girl friend.

While Joe is reading the background information, I'm going to pass out to the rest of you a form where you can write down the answers to your questions.

Pass out the Problem Analysis Form.

Problem Analysis Form

What was the situation? (Who, where, when, what)

What did you think?

What did you feel?

What did you do?

Are you happy with what you did?

What is the problem?

So here are the questions for Joe.

Don't try to answer the last question about the problem yet.

So the rest of you will try to get the answers from Joe.

Is everybody ready?

Let's start.

Encourage the group to ask Joe the questions on the sheet. When it looks like the group has asked Joe about everything but the problem, stop them for a moment.

OK, I want to interrupt you for a minute.

Finding out what the problem is makes a big difference.

We don't want to work on solving the wrong problem.

The problem has got to be something the person can control.

If I have a class with a terrible teacher - every body agrees that she sucks - and if the school won't let me change classes, then the problem might be how can I survive in her class.

Usually trying to change somebody else is not the solution.

So look for where the person who has the problem has some responsibility.

Look for feelings, thoughts and actions that are within the person's power to do something about.

One word of caution: Joe hasn't asked you to help him define his problem, so don't try to stick something down his throat.

He needs to discover what his problem is.

Go ahead and see if you can lead him to find out what the problem is.

Have the group ask Joe questions in order to define the problem. Examples of the problem might be: Joe can't control his drinking. Joe doesn't know how to handle criticism. Joe can't control his temper. Joe doesn't know how to talk his anger out.

That was very good.

What is your Feeling Thermometer reading right now?

Encourage sharing.

If you want to discover whether you are contributing to the difficult situation, ask yourself some questions?

Does the same situation come up with other people?

Am I proud of the way I behaved in that situation?

Was I really a victim in that situation?

What might have made the other person act the way they did?

Am I lying to myself?

All of those questions will help you identify the real problem.

But how do you solve a problem? That's next.

Exercise 5: How to solve a problem

The steps in problem solving are to 1) define the problem 2) decide what is really important to you in this situation 3) define the goal 4) come up with at least three ways to reach the goal 5) figure out the pro's and con's of each way to reach the goal 6) select one of the ways to try 7) figure out how to actually put the way into practice 8) try it and 9) see how it goes - give yourself some feedback.

Let's try it.

Will someone else play Joe?

Select a volunteer. Try having someone of the opposite sex play Joe.

Here are questions to be answered.

Pass out "Problem Solving."

Problem Solving

1. What is your problem?
2. What is important to you in this situation?
3. What is your goal?
4. What are at least ways to reach your goal?
5. What are the pro's and con's of each way?
6. Which way is best?
7. How will you try out this way?

Then

8. Try it.

9. How well did you do?

You already know what the problem is.

On step number 2 Joe has got to figure out how important such things as keeping his girl friend is, drinking with the boys, and avoiding criticism are.

Step 7 means making a little plan for how we will go about putting the way chosen into action.

OK, see if you can help Joe solve his problem and reach his goal.

Encourage participation. Give out tokens for supporting Joe and constructive problem solving.

Let's talk about how that went and any questions that you have.

Encourage discussion.

What is the level of discomfort now?

Obtain feeling readings.

As we noted earlier, problem solving is a very effective way to cope that tries to fix the situation.

Now let's take a look at a way to do something about your feelings.

Exercise 6: How to use relaxation in a tough situation

Relaxation is a key way to deal with your feelings in a tense and stressful situation.

We have already practiced some longer relaxations that you can use on a regular basis.

But what do you do when you can't take 15 minutes to get into a longer relaxation?

We are going to look at some one minute relaxations and also how you can hide a short relaxation in public.

I am going to pass out a couple of cards to each of you.

On them are some quickie relaxations.
Pick the one you like best.

Pass out all the quickie relaxation cards. Each group member should end up with at least 3. Allow a few minutes for each person to select the one they like best.

Using these cards lets you have a sample of something that might work for you.

Now I want you to see if you can relax the group with your card.

Read it slowly with a certain rhythm to it.

Feel free to use pauses, but remember these are one minute relaxers.

I'll give you an idea how to do it.

Be sure to go slow and have an easy beat to your phrases.

Get into a comfortable position. ***Pause.***

Watch your breathing. ***Pause.***

Let the breath come in. ***Pause.***

and let the breath flow out. ***Pause.***

Let the breath come in. ***Pause.***

and the breath go out.

So, that's an idea of how to do it.

Who will go first?

Select the first person and then have everyone try it, using the card they liked best.

Quickie Relaxation Cards (Put each quickie relaxation on a separate card)

Waves

- Imagine yourself at the sea shore, looking out on a vast ocean
- See the waves coming over and over
- Hear the sound of the waves, the rhythm of the waves
- Smell the waves, the salty waves

The Cloud

- Close your eyes
- See yourself lying on a cloud
- Feel yourself floating
- Feel no weight in your body
- Just feel yourself floating

The Brook

- Close your eyes

- See yourself beside a brook
- Hear the water passing by
- Watch the water flowing
- Watch the water, clear and pure, moving
- Feel the peace of the water

Geese

- Close your eyes
- Imagine geese flying in the sky
- See yourself - your own spirit - flying with them
- Watch them growing smaller as they fly away
- Feel yourself moving slowly, effortlessly with them
- See them disappear over the horizon

Dunes

- Close your eyes
- See the dunes along the beach
- Imagine lying by the foot of the dunes
- Feel yourself growing comfortable on the sand
- Feel the restful dunes protecting you
- Feel yourself at peace

Sky

- Look up at the sky
- Study the sky
- Feel the immensity
- Watch the sky's characteristics
- Read the sky
- Watch the show in the sky

The Sun

- Imagine the sun - not too hot - just pleasantly warm on your feet
- Feel the sun warming your legs
- Feel the sun on your abdomen
- Feel the warmth on your chest from the sun
- Feel your fingers and hands warming from the sun
- Feel the sun on your arms and your arms becoming warm
- Feel the sun gently warming your face

Mountain Air

- See yourself in the mountains
- Take a deep breath
- Smell the cool, fresh mountain air
- Feel your lungs filling with that sweet, refreshing air
- Breathe again and feel, the cool air coming into your nose
- Smell how pure the mountain air is

The Moon

- Close your eyes**
- Imagine it is a clear night**
- See the full moon brightly shining in the dark night**
- Look down at your feet**
- See the moon - the whole, huge moon - reflected in a tiny pool of water**
- Concentrate on the moon's reflection**

A Pebble in the Lake

- Imagine sitting beside a clear, blue lake**
- Drop a small pebble in the water**
- Watch it slowly, slowly float to the bottom**
- See the circles on the water's surface**
- Watch the circles widen and widen until you feel completely relaxed**

Tight fist

- Tighten the fist on your right hand**
- Hold it, hold it, tighter and tighter**
- Release it slowly**
- Feel the tension being released**
- Tighten the fist on your left hand**
- Hold it, tighter and tighter**
- Release the fist slowly**
- Feel all the tension spread away**

The Magic circle

- Make a circle with your thumb and fore finger, leaving a 1/4 inch space between them**
- Focus on your fingers, the circle, the space**
- As you become more relaxed, the thumb and forefinger will close forming a complete circle**
- Focus on the circle**
- Feel your finger and thumb closing the circle**
- As the circle closes, feel the relaxation become deeper and deeper**

The Refuge

- Imagine a place where you feel safe and peaceful**
- See yourself coming closer to that place**
- See yourself entering that special place**
- See yourself safe and peaceful in that wonderful place**

The Neck drop

- Close your eyes**
- Let your chin drop to your chest**
- Rotate your head slowly from left to right in a complete circle**
- Stop and let your chin fall to your chest again**
- Now rotate your head again in a full circle from right to left**

Warm Hands

- Close your eyes
- Place your right hand, palm down, in your lap
- Concentrate on your hand
- Imagine your hand getting warmer and warmer
- Feel your fingers getting warmer
- Feel your palm getting warmer
- Feel your face and forehead becoming pleasantly cool

The Shrug

- Stand up or sit straight
- Let your shoulders drop
- Now bring your shoulders up toward your ears
- Let them drop again
- Shrug your shoulders and release them five times
- Feel your shoulders relax

The Stairs

- Close your eyes
- Imagine you are standing at the top of a flight of ten stairs
- Count the stairs
- Imagine at the bottom of the stairs is total peace and harmony
- Slowly descend the stairs one step at a time, counting the stairs as you go
- With each step you are getting closer to total peace
- At step five say "I'm half way there"
- Feel yourself going deeper and deeper into relaxation
- Go all the way to ten
- At ten say "I am deeply relaxed"

Bodiless

- Close your eyes
- Say to yourself "my feet are warm, heavy and relaxed"
- Say to yourself "my legs are warm, heavy and relaxed"
- Say to yourself "my abdomen is warm, heavy and relaxed"
- Say to yourself "my hands are warm, heavy and relaxed"
- Say to yourself "my arms are warm, heavy and relaxed"
- Say to yourself "my back is warm, heavy and relaxed"
- Say to yourself "my neck and shoulders are warm, heavy and relaxed"
- Feel your whole body become relaxed

Music

- Close your eyes
- Listen intently to a piece of soothing, special music
- Hum the piece as you hear it
- Let the music surround you
- Let the music sink into your pores

-Feel the music enter your entire being

Texture

- Close your eyes**
- Select the feel of a favorite texture such as silk or a down comforter**
- Imagine the texture on your skin**
- Feel the texture**
- Feel yourself pleasantly wrapped in the texture**

Fragrance

- Close your eyes**
- Think of a fragrance you enjoy such as cedar, gardenias, fresh cut grass**
- Fix the fragrance in your mind**
- Breathe in the fragrance**
- Smell the pleasant fragrance**
- Imagine yourself in a cloud of fragrance**

Blood Flow

- Close your eyes**
- Imagine you can sense your blood flowing through your veins**
- Picture yourself turning a knob to slow the flow**
- Feel the blood moving more slowly and quietly**
- Let your blood move calmly through your entire body**

Eternal Unity

- Breathe in deeply, closing your eyes as you do**
- Slowly release your breath saying "One"**
- Breathe in deeply again**
- Say "One" as you release your breath**
- Breathe in deeply again, knowing the air you breathe is the same air that was here when the world began**
- Breathe out slowly, saying "One"**
- You are one with eternity**

The Phrase

- Close your eyes**
- Select a favorite phrase such as "Walk with beauty," "The Lord is my shepherd," "An eternity of endless space"**
- Repeat the phrase three times, breathing deeply as you do**

Pouring Out Tension

- Close your eyes**
- Extend one hand in front of you with your arm straight**
- Turn your palm up and make a small cup with your hand**

- Imagine the cup in the palm of your hand being full of tension
- Very, very slowly turn your hand over
- As your hand turns over, feel all the tension spilling out
- The more your hand turns over, the more you are at peace
- Let all the tension pour out

The Tub

- Close your eyes
- Imagine lowering yourself slowly into a hot tub
- Feel your feet become warm and heavy
- Feel your legs become warm and heavy
- Feel your whole lower body sink into the warm water
- Feel the water cover your chest
- Feel the warmth spread up over your neck and shoulders
- Feel your whole body become warm and sinking downward into the pleasant water

Focused Breathing

- As you breathe in, concentrate on your diaphragm's expanding
- Feel it contract as the air escapes when you breathe out
- Just focus on your diaphragm as it expands and contracts
- Keep your awareness concentrated on your breath and diaphragm for one minute

Tingle Breathing

- As you breathe in, feel the air flowing up your nostrils
- As you breathe out, feel the air touching the hairs at the end of your nose
- Feel the tingle as the air brushes across the hair in your nose
- Breathe with awareness of the tingle for about one minute

Three Breaths

- Take a deep breath in
- Hold it
- Let it out slowly
- Take another deep breath in
- Hold it
- Let it out slowly
- Take one more deep breath in
- Hold it again
- Let it out very slowly

How did you like that?

Encourage discussion and sharing. Offer to make up cards for those who want them, so that they can take them with them and keep available.

There are times when you need to take a quick relaxation and hide it.

How can you do that?

Here is a list with some ideas.

Hand out "Hiding Relaxation" and go over it. Wherever possible, demonstrate the action called for.

Hiding Relaxation

1. Put hand under table, make fist, relax fist.
2. Put hand in pocket, make fist, relax fist.
3. Put hand over eyes, as if catching a few winks and visualize being at a favorite place.
4. Turn away from the person you are in a conversation with and take a few deep breaths.
5. Go in the rest room and stretch.
6. Go in the rest room and take a few deep breaths.
7. Go in the rest room and imagine a pleasant scene.
8. Sit holding a book or paper while actually practicing relaxation.
9. Stretch your legs under the table, tighten them and then release the tension.
10. Move away and roll your head and neck around.
11. Stand up and straighten your spine, letting all the tension run out.
12. Act like you are whistling softly when actually breathing deeply and slowly.
13. Listen to soothing music or relaxation tapes on your Walkman.
14. Act like you are listening to your Walkman when you are really doing some relaxation.
15. Yawn and stretch as if you were tired.

We are at the end of today's session.

What is your Feeling Thermometer reading now?

Encourage sharing.

For homework please come up with a situation of your own that you have analyzed.

Describe it.

What did you think?

How did you feel?

What did you do?

And how happy are you with what you did?

Also try relaxing once.

Let's end with giving folks strokes.

Tell people what you liked about then today.

Have group members show their appreciation for other members.

So today we started a series of sessions on building up our effective coping skills.

Thanks again.

I'll see you next time at _____ (time) on _____ (date).

END OF SESSION 10