



Coping Card Sort

Coping Strategies and Self-Care

Earning CEUs



- CEUs are available for the 7 content modules as a series (7 CEUs total)
 - One pre- and post-series assessment required for the program as a whole
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 - Pharmacy Tech Certification Board
 - Case Manager Certification by the Commission of Case Manager Certification
 - American Board of Social Work Certification and American Psychological Association Certification and National Board for Certified Counselors Certification

Meet Our Faculty

Chelsey Jones, LCSW



Chelsey is a Licensed Clinical Social Worker (LCSW) with the desire to help those navigate their life decisions. She has over 10 years of experience working in the field of mental health. She received her Masters of Social Work from Radford University in Radford, Virginia and holds a Bachelor of Science in Psychology from Liberty University in Lynchburg, Virginia. Chelsey's professional expertise includes

working with individuals with an acute mental illness and providing crisis intervention services in an outpatient and inpatient setting. Her approach to treatment is assisting individuals and families with finding their own strengths and building upon these strengths through mindfulness and CBT techniques. She believes in empowering individuals to have the confidence to make decisions that are best for them and develop positive coping skills. Chelsey lives near Jacksonville and enjoys the outdoors with her two dogs, hiking, yoga, lifting weights, and running.

Kelly Nelson



Kelly is a health coach and public health professional. Her passion for holistic health has led her to work in various capacities coaching and empowering individuals to achieve their highest state of health and well-being, build resilience and overcome social barriers. Through her work at a non-profit in Boston, MA, Kelly taught youth and children social emotional skills, health, nutrition and gardening through outdoor

education and service-learning programs. She served two years as a full-time volunteer in both Tanzania and Peru, where she worked closely with communities and individuals to build self-reliance, resiliency, and healthy coping skills. Kelly studied Public Health and Non-profit Management at Brigham Young University. She lives in Minnesota with her husband and loves every excuse to get outside and run, bike, hike, or swim.

Check Point

Today's presentation includes material that may elicit complex feelings for some individuals. Please sign out at any time the material being presented causes you discomfort or distress.



This informational training is an overview of current research and its applicability to current practices. Always defer to your business unit's specific policies. When in doubt, always check with your supervisor.

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Learning Objectives

At the end of this course you will be able to:

- Define the Coping Card Sort activity
- Identify the importance of positive coping techniques and strategies
- Define how to administer the Coping Card Sort
- Discuss how to use the information gathered from the Coping Card Sort

What is Coping?

- Coping strategies help us practice self-care
- Provides ways to deal with stressors in life
- Behaviors, thoughts, and emotions used to adjust to changes in life
- Self-care is key toward healing and positive mental health

Coping occurs in response to stressful situations to maintain mental health and emotional well-being.

Source: https://www.semel.ucla.edu/dual-diagnosis-program/News_and_Resources/How_Do_You_Cope

The Coping Card Sort

- Designed to help understand how a person responds to stress
- Goal of activity is to identify ways to find healing through positive coping strategies
- Consists of three parts
 - Pre-activity reflection
 - Card sort activity
 - Post-activity reflection
- Helps understand patterns in behaviors
- Insight into current state of coping



Connection to Care Philosophy and Practice

- Self-Care
- Positive Psychology and PERMA
- Motivational Interviewing
- Person-Centered Care
- Harm Reduction
- Stages of Change



Importance of the Coping Card Sort

- Identifies ways a person copes with stress
- Finds dominant coping strategies – both positive and harmful
- Promotes collaboration and support
- Strengthen relationship through caring and flexibility
- Helps highlight those things that help you deal with stress and practice self-care



Journal Prompt

You will be asked to complete the Coping Card Sort to build empathy for the experience.

Strategies Presented During Card Sort



Facilitating the Coping Card Sort Activity



Language to Use

Try This	Instead of This
✓ Thank you for sharing that experience with me.	✗ How old were you when that happened?
✓ I'm sorry you didn't get much sleep last night. Would you like to schedule another time to complete this activity together?	✗ Sorry you're tired, we're going to quickly go through this activity, then you can sleep.
✓ Looking at these results, what coping skills are you most interesting in doing more of or less of?	✗ You should really think about changing...
✓ Thank you for sharing, I can tell you are a very strong person.	✗ That experience must have been hard, how did you get through that all alone?

A young woman with curly hair, wearing a white button-down shirt, is looking towards the right side of the frame. The background is a soft-focus indoor setting with blue and white tones. A horizontal cyan bar is located in the top left corner.

Coping Card Sort Role Play

Discuss the Coping Card Sort

- Activity can bring up stressful situations
- Avoid re-traumatization
- Highlight strength and resilience
- Encourage sharing, practice compassion
- Share why the activity is important
- Remain focused on the person

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	A	B
36	Post Activity Survey	
37	Reflect on Your "I Usually Do This A Lot" Coping Statements From the Activity.	
38	1. Which of your dominant coping skills do you think are uplifting or help you feel more at peace?	
39		
40	2. Which of your dominant coping skills do you think cause harm to yourself or others?	
41		
42	3. Describe how you view yourself when you practice your dominant coping skills. Do you feel proud of yourself? Do you feel disappointed or shame? Describe these feelings to the right.	
43		
44	Think Back to the Situation you Reflected on at the Beginning of this Activity.	
45		
46	Review Your Pre-Activity Response	this is where the pre-activity responses will appear
47		
48	4. How are your dominant coping skills similar or different than the coping skills you reflected on in the pre-activity?	
49		
50	5. What are three negative or harmful coping skills you would like to work to change or do less often?	
51		
52	6. What are three positive or healthy coping skills you would like to develop more or do more often?	
53		
54	7. How could you use these positive or healthy coping skills in the future to respond to the stressful situation we reflected on in the pre-activity?	
55		
56		
57		

Ready Card Sort Questionnaire Results and Post Activity Sources ...

Display Settings 100%

How to Use Information from Coping Card Sort

- No prescriptive actions based on results
- Focus on individual's goals and wishes
- Connect coping skills to health outcomes
- Begin conversations about self-care
- Inform ongoing care plan



Personal Next Steps

- Complete the Coping Card Sort activity for yourself
- Use your Personal Journal to reflect on that experience
- Review requirements of your role – and build an “I Will” statement around facilitating the Coping Card Sort



Journal Prompt

Reflect on the experience of determining your personal dominant coping skills

Key Takeaways

1

The Coping Card Sort activity helps to empower individuals to find activities to process stress and practice self-care

2

Positive coping strategies are the behaviors, thoughts and emotions you use to adjust to changes in life

3

The Coping Card Sort is a three-part activity that incorporates reflection, action, and reaction to coping skills

4

The activity is used to help identify positive dominant coping strategies and work to build those into daily practice



Additional Resources

Coping & Self-Care Resources for Professionals

As a provider, it is just as important for you to practice self-care. Below are resources for developing self-care techniques to avoid burnout and put your best foot forward in serving others.

- [Coping with Stress during Disease Outbreak](#)
- [Perceived Stress Questionnaire](#)
- [What is Self-Care?](#)
- [Understanding Compassion Fatigue](#)

Additional Resources on Coping Strategies

- [How do you Cope?](#)
- [Coping with Stress during Disease Outbreak](#)
- [Addiction as a Coping Mechanism and Healthy Alternatives](#)

Mindfulness



What is it?

Thich Naht Hanh, Zen Master, defines mindfulness as being “truly alive, present, and at one with those around you and with what you are doing.” Through mindfulness, we connect our body with our brain into a state of harmony while we go about daily activities and interactions.

What are the Benefits of Mindfulness?

In essence, mindfulness allows us to be more aware of the present moment, which helps us enjoy the world around us, moments and experiences that we may take for granted. Through regular mindful practice, we become aware of our thoughts and feelings and ultimately can begin to recognize patterns in how we process these thoughts and emotions.

Professor Mark Williams, former director of the Oxford Mindfulness Centre said, “Most of us have issues that we find hard to let go and mindfulness can help us deal with them more productively. We can ask: 'Is trying to solve this by brooding about it helpful, or am I just getting caught up in my thoughts? Awareness of this kind also helps us notice signs of stress or anxiety earlier and helps us deal with them better.” ([Mindfulness](#), National Health Services)

Resources

- “**The Miracle of Mindfulness**” by Thich Naht Hanh
- [Mindful.org](#) provides articles, science, and practices for mindfulness
- **UMass: Center for Mindfulness in Medicine, Health Care, and Society**. Participate in a free online global meditation session and learn more about MBSR and MBCT.
- [Tara Brach](#) is a Zen Buddhist, Clinical Psychologist, writer and mindfulness teacher. Her website provides podcasts, free meditations, events/retreat information, and many resources on mindfulness.
- **Guided Meditations**. There are many apps and online resources that provide short mindfulness exercises and guided meditations. Recently, 16 of the most popular apps were reviewed for effectiveness in a [study](#) by Lancaster University. Here are just three of the apps that were reviewed, which are all available for free:
 - Calm
 - Headspace
 - The Mindfulness App
 - [Koru Mindfulness](#) (from Harvard University)
- Take the [mood self-assessment](#) quiz provided by **National Health Services of the UK** to help you better understand your feelings over the past 2 weeks and point you in the right direction for helpful advice and information.

Language to Use With Coping Strategies

Try This	Instead of This
✓ Thank you for sharing that experience with me.	✗ How old were you when that happened?
✓ I'm sorry you didn't get much sleep last night. Would you like to schedule another time to complete this activity together?	✗ Sorry you're tired, we're going to quickly go through this activity, then you can sleep.
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✓ Thank you for sharing, I can tell you are a very strong person.	✗ That experience must have been hard, how did you get through that all alone?

Learning Circle Guide: Coping Card Sort

Directions: In your self-defined Learning Circles, a peer facilitator leads a discussion and/or role-play leveraging the talking points below to process the training content from the most recent learning event. Please reflect on all learning topics to date as you discuss today's content including personal life experiences and how these topics might be woven into your day to day work with UHG and ultimately impact our members.

- Based on what you learned in this session, how would a conversation about self-care add value to your work?
- How might the information learned from a Coping Card Sort enrich a relationship?
- In what other workplace scenarios does the concept of dominant coping skill have an impact?
- Discuss the values statements on the Coping Card Sort activity to see how you might engage a person in conversation around absence of positive coping skills.
- If time permits and volunteers are willing, engage in a role-play where you practice the Coping Card Sort activity.
Focus on:
 - Explanation of the activity
 - The coping skills and dominant coping strategies