



The Crisis Prevention, Intervention &
Information Centre

BE KIND TO YOUR MIND

What is COPE?

This workshop is geared toward grades 5-7 to help students achieve better mental wellness and cope with issues like anxiety, overthinking, stress, sleep loss and social media use. It is taught in 4, 45 minute sessions.

Communication: What does it mean to COPE? Talking with a safe adult about our struggles or the things we worry about helps us to COPE. Becoming aware of how we speak to ourselves and the ways that we think about ourselves can teach us how to be our own best friend. How to communicate our feelings through art/poetry/journaling/culture. What it means to have someone listen. What a safe adult is. What it would look like if they called, chatted with, or texted the crisis line

Options: What are options? What does it mean to have options? Exploring internal and external options. Mindfulness, self-care, and self-compassion.

Perspective: Tools for handling overthinking, worry, and anxiety. Helping students learn how to put things back into perspective for themselves and see the gifts in difficult times. Helping learners understand their own strength and resilience

Enjoy Life: Session about balance and finding a sense of calm or peacefulness even when we're going through a hard time. Creating intentional happiness. Students will identify things that contribute to their personal happiness. This will also include an exploration of gratitude.



**Crisis Prevention,
Intervention & Information Centre**
FOR NORTHERN BC

We are here for you 24-7