

# Coping and Calming: A to Z Facilitator's Guide

## Measurable Behavioral Objectives

### Veterans will ...

- Read and brainstorm ways to cope and reduce stress.
- Identify skills that best suit them and state how they will use them.
- Identify unfamiliar methods. Research and report a fact for each.
- Describe thoughts or plans regarding pets, service or therapy dogs.
- Describe how they would benefit from volunteering to help veterans or others.
- Develop A to Z list of skills.
- Apply quotations to personal experiences and thoughts related to visualization, adversity, warriors and challenges.
- Describe actions to develop their faculties, increase energy and fulfill their destiny based on a Colin Powell quotation.

## Introduction

1. Before the session begins, read this guide and the reproducible pages and decide on one of the interactive variations or the traditional approach below.
2. Photocopy the reproducible pages but retain them until after the introduction.
3. Put on the board *Coping and Calming Skills* and ask group members to brainstorm techniques.
4. You or a volunteer participant lists them on the board.

## Activity

1. Distribute the reproducible pages.
2. Take turns reading aloud the Education portion.
3. Allow time to complete the written Insight and Empowerment questions.
4. Encourage everyone to share their responses through number 5.

## Conclusion

- Encourage them to share all or their most meaningful responses to the quotations numbers 6-10.

## Interactive Variations

- Ask them to take turns reading aloud the Insight and Empowerment questions and answering them orally.
- Ask them to pair up with peers, read the questions to each other, record their partner's responses, then share with the group if they wish.

## Teams

1. Split the group into two teams; one takes letters A-L; the other takes M-Z.
2. Teams brainstorm coping and calming skills and elect a person to record them.
3. Teams reunite and share ideas.
4. Then proceed to read the reproducible pages aloud, write answers, (except for number 5), and share responses.

## EDUCATION

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## Coping and Calming: A to Z

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**Coping with trauma or emotions such as anger, and calming yourself down when anxious or afraid requires skills. Below are some ideas for further exploration:**

**A**ct as if you are brave when fearful.

**B**e aware you are now in safe surroundings.

**C**reate calm and confident thoughts to affect feelings and actions.

**D**ogs help as service and therapy pets for vets.

**E**xpress personal feelings; exercise to boost endorphins, the feel-good brain chemicals.

**F**eed your mind with faith and forgiveness.

**G**o with gratitude for your survival.

**H**ave hope for healing.

**I**nternal focus means you control your own thoughts, actions, and destiny.

**J**ust do the things you fear, love and can do.

**K**eep away the clutter in your mind and life.

**L**ose yourself in loved activities.

**M**ove out of your comfort zone.

**N**ever give up.

**O**pen up to trusted people.

**P**ursue your passion and purpose.

**Q**uestion your qualms.

**R**e-create you.

**S**uccess-oriented self-talk promotes confidence.

**T**ake time-out if angry.

**U**plift your mood with humor, fun and spirituality.

**V**olunteer to help others.

**W**alk and work-out.

**X**-ray vision helps you see your invisible wounds.

**Y**ou control your thoughts, feelings, actions and recovery.

**Z**ap helpless thinking.

*(Continued on the next page)*

INSIGHT AND EMPOWERMENT

# Coping and Calming: A to Z

1. Select at least five coping skills from page 31 and state how they will help, and how you will use them.
2. Select at least five concepts from the A to Z list on page 31 you would like to know more about. Ask people, or do an online search, and share at least one new fact about each.
3. Describe your thoughts or plans about getting a dog or pet for companionship and unconditional love, or for exploring service or therapy dog opportunities.
4. Describe how you can be of service by volunteering to help other veterans, or by volunteering in your community.
5. Make your own coping and calming skills list:

A - \_\_\_\_\_  
B - \_\_\_\_\_  
C - \_\_\_\_\_  
D - \_\_\_\_\_  
E - \_\_\_\_\_  
F - \_\_\_\_\_  
G - \_\_\_\_\_  
H - \_\_\_\_\_  
I - \_\_\_\_\_  
J - \_\_\_\_\_  
K - \_\_\_\_\_  
L - \_\_\_\_\_  
M - \_\_\_\_\_  
N - \_\_\_\_\_  
O - \_\_\_\_\_  
P - \_\_\_\_\_  
Q - \_\_\_\_\_  
R - \_\_\_\_\_  
S - \_\_\_\_\_  
T - \_\_\_\_\_  
U - \_\_\_\_\_  
V - \_\_\_\_\_  
W - \_\_\_\_\_  
X - \_\_\_\_\_  
Y - \_\_\_\_\_  
Z - \_\_\_\_\_

*(Continued on the next page)*

## INSIGHT AND EMPOWERMENT

## Coping and Calming: A to Z *(Continued)*

6. ***You won't see how to do it until you see yourself doing it.*** ~ David Allen

Share your vision of you doing something you need to do for your healing so that you are better able to live life to the fullest:

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7. ***Adversity has the effect of eliciting talents which, in prosperous circumstances, would have lain dormant.*** ~ Horace

What talents are emerging or do you hope to discover from your difficulties?

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8. ***The basic difference between an ordinary man and a warrior is that a warrior takes everything as a challenge while an ordinary man takes everything as a blessing or a curse.*** ~ Carlos Castaneda

What possible curse is a challenge and in what three ways are you facing it as a warrior?

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9. ***The best place to succeed is where you are with what you have.*** ~ Charles Schwab

Describe where you are, what you have, how you will succeed, and in which endeavors:

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10. ***The chief condition, on which life, health and vigor depend is action. It is by action that an organism develops its faculties, increases its energy and obtains fulfillment of its destiny.***

~ Colin Powell

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Describe at least two specific actions for each step forward:

- a. To develop my faculties:

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- b. To increase my energy:

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- c. To fulfill my destiny:

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