

Speaker Notes

Title of Presentation: Coping Strategies for the Uncertainties of Life

Page 1 – none.

Page 2 – none.

Page 3 – Our “self-talk” or what we tell ourselves about a situation strongly effects how we feel and respond. Example : telling yourself, “It’s horrible and I can’t stand it!” will likely produce a strong negative response to the situation. Telling yourself, “I don’t like it, but I know I’ll get through it.” will probably produce a much healthier response to the situation and enhance your abilities to deal with the challenge.

Page 4 – Destructive attitudes, behaviors and “self-talk” affect others and impede our own ability to handle difficult situations. Taking care of yourself can help. Exercise, practice deep breathing, eat well and drinks lots of water, get plenty of rest, share a joke with a friend, seek support from family and friends, take some down time when you can. Adjusting to a major change takes time. Be patient and give yourself and those around you time.

Page 5 – Keeping routines in tact at a time of change can help provide a sense of security and keep you grounded. Be careful of how much news you take in on TV, radio, the computer or in newspapers. When news events are upsetting, this can increase your anxiety and fear. Also, be very careful regarding your children’s exposure as well and limit their TV and computer time.

Page 6 – none.

Page 7 – none.

Page 8 – none.

Page 9 – none.