

COMMUNITY MENTAL HEALTH SERVICES

This program will be offered in the following communities by CMH:

Montague 902-838-0960

Charlottetown 902-368-4430/902-368-4911

Summerside 902-888-8380

O'Leary 902-859-8781

Alberton 902-853-8670

To access this program, please contact the CMH clinic, or have your health care provider complete the program referral form and send it to your CMH clinic.

The program trainers will contact you to discuss participation and confirm program start date and location.

How to know if you are ready for this program?

- You experience chronic stress, overwhelming emotions and anxiety
- You would like to make changes in your life to manage, even if you aren't sure where to start
- You are prepared to attend all the group sessions
- You are prepared to work on the material at home - attendance alone will not result in change
- You are prepared to keep the information about others confidential



Coping Skills Program

Practical Strategies when Distress and Chronic Stress Overwhelm Your Life



Health PEI
One Island Health System

COPING SKILLS PROGRAM

What is distress?

Unpleasant feelings or emotions that impact your daily functioning.

What is chronic stress?

Chronic Stress is often described as a feeling of being overwhelmed, worried or run-down, that is persistent or constant over a period of time that can impact your physical and mental health.

This coping skills program is designed to help you create positive change in your life. You will work with the trainer and other participants to learn and use skills to manage patterns of chronic stress and distress that are interfering with your life.

The program has two main goals:

1. provide practical strategies and tips to help you with problems related to chronic stress and distress.
2. help you to develop a personal tool kit that you can use in your own life, at your own pace to help manage stress and distress.

PROGRAM CONTENTS

The program is offered one time per week for 1.5 to 2 hours, over 6-7 weeks.

Program trainers are staff of Community Mental Health and Addictions and may include nurses, social workers, psychologists, occupational therapists, and addiction counselors. The program is informed by cognitive behavioral and dialectical behavior therapies.

Each week there is a different topic and different strategies are discussed:

- **How to make changes and the Thought, Feeling, Behavior Connection**
- **Introduction to Mindfulness-learning to be present and pay attention**
- **Emotions ways to manage them**
- **Distress Tolerance**
- **Healthy Thinking Strategies**
- **Relaxation and moving forward**

BENEFITS

Some common benefits people with troubling stress experienced by attending the program:

- Feeling better and better about yourself
- Reduced feelings of isolation
- Learning how to use mindfulness and keep things from getting worse
- Strategies to cope with relationship problems
- Learning to set and achieve realistic goals
- Strategies to manage stress when it happens in the future
- Ways to handle troubling thoughts and emotions

