

It's Going to Be Okay: Coping with Uncertainty

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INTRODUCTION

Serenity Prayer



GRANT ME THE
SERENITY TO ACCEPT
THINGS THAT I
CANNOT CHANGE,
THE COURAGE TO CHANGE
THE THINGS I CAN,
AND THE WISDOM
TO KNOW THE
DIFFERENCE.

Capacity To Be With Discomfort

<https://www.youtube.com/watch?v=dSsAEWkmBFU>

- Given what we have discussed so far, what is on your mind?
(Only share if you feel comfortable).

Maladaptive Ways of Facing Anxiety

DEFENSES:

- ▶ Are innate involuntary regulatory processes that allow individuals to reduce cognitive dissonance and to minimize sudden changes in internal and external environments by altering how these events are perceived.
- ▶ Can alter people's perceptions of any or all of the following: subject, object, idea, or feeling (Vaillant, 1992).



Maladaptive Ways of Facing Anxiety

Hierarchy of defenses from Primitive to Mature

Primitive Defenses

- Denial
- Acting out
- Somatization

Higher Level Neurotic Defenses

- Intellectualization
- Reaction formation
- Displacement

Mature Defenses

- Humor
- Suppression
- Altruism



Maladaptive Ways of Facing Anxiety

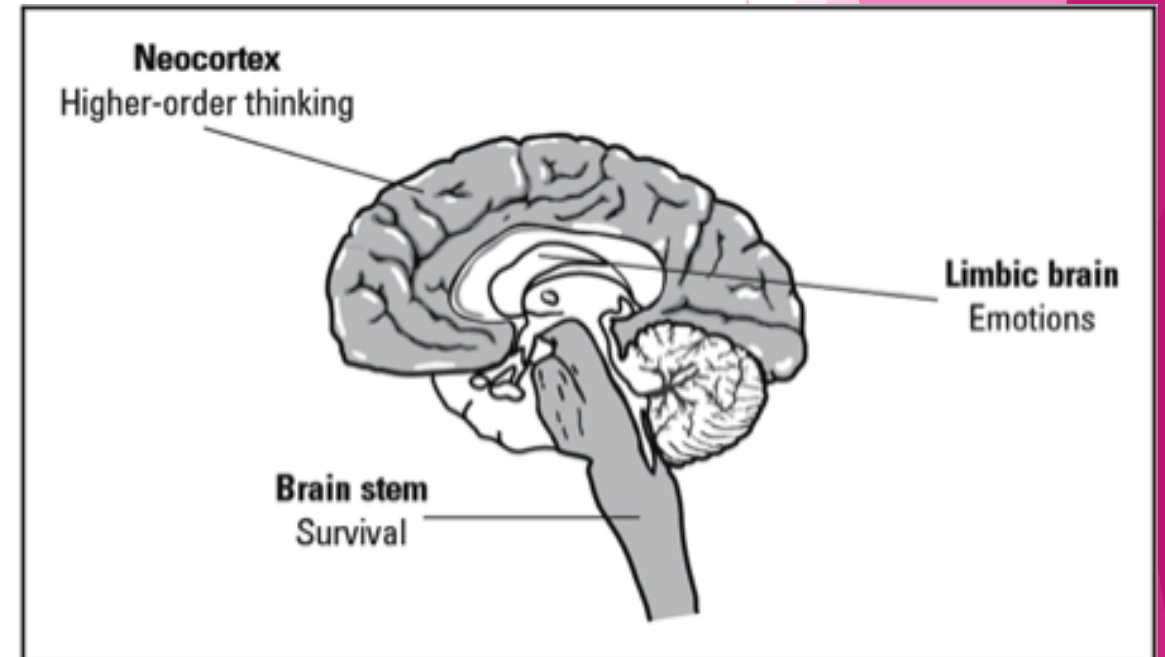
- ▶ Avoidance
- ▶ Denial
- ▶ Focusing on what you can't control

Healthy Ways of Facing Anxiety

- ▶ **Mindfulness:** Focusing awareness on the present moment, acknowledging and accepting present thoughts, feelings, and sensations.
- ▶ **Self-Compassion:** Showing the same kindness and compassion that you show towards others, towards yourself. When others make mistakes, we can show them compassion, we know everyone is not perfect. Practice this same mindset towards yourself.
 - ▶ Self-Compassion meditations: <https://self-compassion.org/category/exercises/>
- ▶ **Emotional Intelligence:** The capacity to be aware of, understand, and express emotions effectively. Can help with interpersonal relationships and well-being.
 - ▶ There are no “good” or “bad” emotions, all emotions are meant to communicate something important to us.

Healthy Ways of Facing Anxiety

- ▶ When an event happens, the Limbic System of the brain (emotions) is activated before the Neocortex (higher-order thinking).
- ▶ Therefore, we feel emotions before we are able to rationally think about what is going on.
- ▶ Emotional intelligence is developed when we give ourselves time to understand the emotional response (using a non-judgmental approach), and think about how we can communicate our emotions to others.



Healthy Ways of Facing Anxiety

- ▶ **Focusing on what you can control**
 - ▶ What are some examples?
- ▶ **Radical acceptance of what you can't control:** A distress tolerance skill, not the same as approval, but instead total acceptance of the fact that we cannot change or control all of the things that we may want to.
 - ▶ What are some examples?

Counseling Center Resources

706-507-8740

Resources for students:

- ▶ Individual, couples, and group therapy
- ▶ Crisis services
- ▶ Testing for ADHD or learning disabilities
- ▶ Career assessments and career counseling
- ▶ Internship and student work opportunities
- ▶ Outreach
 - ▶ Collaboration with student organizations
 - ▶ Campus events

Resources for Faculty/Staff:

- ▶ Consultation
- ▶ Outreach
 - ▶ Class visits/presentations
- ▶ Mental health services for employees can be accessed through HR
 - ▶ <https://hr.columbusstate.edu/index.php>

Additional questions or comments?

We look forward to serving the CSU
community this fall.

Thank you for attending!