**Session 5 Lesson Plan:**

Coping Self-Efficacy Assessment:

Pass out the Coping Self-Efficacy Assessment to each participant.

Give participants 10 minutes to complete the assessment individually.

Collect once completed. This will be reassessed at the last session.

Intro to Coping Mechanisms:

Explain positive and negative coping mechanisms (what they are, how they occur, etc.).

COPE Inventory activity:

Pass out the COPE Inventory assessment to each participant.

Give participants 10 minutes to complete the assessment individually.

Group Discussion:

Before this session, have you ever noticed ways in which you practice coping skills?

Without being too specific (in consideration of others’ privacy), have you seen others practice coping?

Do you think you practice positive coping skills, or negative? Why?

When looking at the ways you cope, which do you see yourself gravitating towards? (Distraction; Grounding; Emotional Release; Self-Love; Thought Challenge; Access to Your Higher Self.)