**Session 6 Lesson Plan:**

Variation in Coping:

Refer back to the previous session in discussing the different ways in which participants can cope.

Distraction; Grounding; Emotional Release; Self-Love; Thought Challenge; Access to Your Higher Self

Explain the different forms in which participants can cope.

Coping can include social, physical, emotional, or spiritual-based strategies.

Provide examples of such, like attending social gatherings, journal processing, meditation, etc.

Journaling Activity:

Have participants reflect on the previous session that they discussed their current coping strategies.

 Have participants think about what they can improve or what they can change.

Have participants reflect on the ways and forms of coping that they gravitate towards or would like to try out (restate or document on white board so that they may take time for further reflection).

Group Discussion:

 Discuss what coping way and form of strategy stands out to you and why.

Discuss how healthy coping strategies contribute to individual’s empowerment.

Ask yourself whether these strategies seem feasible, and possible barriers (physical or mental) in practicing these strategies.