

# COPING SKILLS

## IS THIS COPING MECHANISM MATERIAL FOR YOU?



- **What challenges are you facing today?**
- In a rapidly changing and unpredictable world, we need a clear set of coping skills to guide our actions.
- With the global increase in diagnoses of mental well-being, this interactive teachable course applies to just about anyone.
- This interactive Masterclass with an online learning model allows you to study afterwards at your own pace.

Part One	Part two
<ol style="list-style-type: none"><li>1. Attaining your goals</li><li>2. Boundaries</li><li>3. Burnout</li><li>4. Cognitive distortion</li><li>5. Declutter your mind</li><li>6. Doing well and Flourishing</li><li>7. Emotional awareness</li><li>8. Encourage self-disclosure</li><li>9. Finding your unique purpose</li><li>10. Happiness</li><li>11. Improve mental health</li><li>12. Job satisfaction</li></ol>	<ol style="list-style-type: none"><li>13. Meaning and strengths</li><li>14. Meaningfulness</li><li>15. Mental health</li><li>16. Optimism</li><li>17. Positive affirmations and declarations</li><li>18. Repressing your feelings</li><li>19. Resilience</li><li>20. Self-acceptance</li><li>21. Self-compassionate behaviour</li><li>22. Social support</li><li>23. Viewing your work: career job or calling</li><li>24. Wellbeing</li><li>25. Your reason for being</li></ol>

See also the link to the course material

<https://drmariodenton.teachable.com/p/coping-skills-dealing-with-uncertainty-trauma>