

## COPE MENTAL HEALTH LIFE SKILLS GROUP

These 45-minute life skills groups run every Monday at 12pm. They are focused on providing learning through information sharing and the development of life and coping skills to support mental and emotional well-being.

### UPCOMING TOPICS:

- **Sleep (July 19)**

Sleep is such an important part of our lives, yet many of us don't pay much attention to it. It is usually not until we have problems with sleep that we notice it and start to try to understand the nature of sleep. Join us to learn about beneficial sleep hygiene.

- **Assertive Communication (July 26)**

Being assertive is an important communication skill which can reduce your levels of depression and anxiety and improve your self-esteem. Assertive communication allows you to express your feelings, thoughts, beliefs, and opinions in an open manner that doesn't violate the rights of others. Join us to learn more about this communication style.

- **What is Fear? (August 9)**

Fear is a natural human emotion that involves a universal biochemical response as well as a high individual emotional response. Fear alerts us to the presence of danger or the threat of harm, whether that danger is physical or psychological. Join us to understand fear and its effects on us.

- **How does Meditation Support our Wellbeing: (August 16)**

Meditation can be defined as a set of techniques that are intended to encourage a heightened state of awareness and focused attention. Meditation is also a consciousness-changing technique that has been shown to have a wide number of benefits on psychological well-being. Join us to learn more about meditation and its benefits.

- **Music Therapy (August 23)**

Music is a powerful tool. It can help boost your mood as well as mend a broken heart! Music plays an important role when it comes to our ability to cope through life's greatest highs and lows. It has only been in recent years that research has suggested that music can ease anxiety and depression along with other mental health conditions. Please join us to learn how music can become a part of your wellbeing.

- **What is Self-Care and What it Isn't (August 30)**

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others. Join us to learn more details and as well learn of our September Self-Care workshop.



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