

## Overview

The Mindful Coping Program is a stress management program developed by psychologists. The *MindfulCoping.com* web tool makes it easy for you to learn and practice coping skills through a wide range of easy-to-follow audio-guided lessons and exercises.

Mindful Coping focuses on teaching science-based coping skills, like mindfulness, which have been shown to boost *stress resilience*, or the ability to cope effectively with stressful circumstances. We all deal with stress in some way. The good news is that we all can learn skills for managing stress and adapting to changes in our lives.

We encourage you to go through the Mindful Coping program with the guidance of a healthcare professional. The website is not a replacement for professional in-person treatment. If you have concerns about your health or mental health, please contact a professional healthcare provider.

## About Mindfulness

Mindfulness is one of the most important coping skills in this program. Mindfulness is all about being aware of ourselves and our environment in an open and nonjudgmental way.

This program is called “Mindful Coping.” So, what does mindful coping mean then? Mindful coping is all about responding to challenges in our lives with awareness. Instead of automatically reacting, we can learn and practice how to pause and make more mindful and deliberate choices in our day to day lives.

## Daily Practice

Daily practice is a key part of the Mindful Coping Program. Daily practice involves setting aside a little time every day to listen to one guided lesson or exercise on *MindfulCoping.com*.

Lessons focus on learning key concepts about coping. Exercises focus on strengthening your skills.

Your brain is like a muscle. Daily practice makes it strong. Research studies show that daily practice makes your brain healthier and stronger, reduces stress and anxiety, and increases positive emotions.

## Tips for Success

The key is to *choose what works best for you* and to *develop a personalized practice routine*. Some good times to practice each day can be during your morning get ready routine, during breaks you have during the day, or during your unwinding routine at night.

The Mindful Coping Program is FLEXIBLE. Don’t worry about doing the lessons or exercises in a particular order. You can go through the lessons and exercises in any order you prefer.

Think of daily coping practice like brushing your teeth. Just as you brush your teeth daily to keep them healthy, you can do little bits of coping practice daily to keep your *mind* healthy now and in the future.