Coping Support (CS) Intervention

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| B-RESILIENT Overview **Week 1 – Boost**  Day 1: Identify an unhealthy thought  Day 2: Examples of unhealthy thoughts  Day 3: Catch an unhealthy thought  Day 4: PRACTICE Catch an unhealthy thought  Day 5: Check an unhealthy thought  Day 6: Change an unhealthy thought  Day 7: Plan and do worry time  **Week 2 – Break**  Day 1: Activities and positive moods  Day 2: Examples of positive moods  Day 3: Self-care activities  Day 4: Meaningful activities  Day 5: Learning activities  Day 6: Fun activities  Day 7: Challenges  Day 8: Motivation  Day 9: Motivation (part 2)  **Week 3 – Buddy**  Day 1: Buddies and Mood  Day 2: Mapping Social Networks  Day 3: Overview of Effective Communication  Day 4: Practice “I” Statements  Day 5: Communication Styles  Day 6: Communication Styles (continued)  Day 7: Communication Styles (continued)  Day 8: Communication Styles (continued)  Day 9: Do an activity with a buddy  **Week 4 - Review**  Day 1: Review BOOST  Day 2: Review BREAK  Day 3: Review BUDDY  Day 4: Review Recognizing Strengths/Write a list of strengths  Day 5: Review of Goal Setting/Celebrate your resiliency |

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General Structure of Coping Support (CS) Intervention:

# Daily Plan:

* Send affirmation in morning (users pick time/window of time) - **B-RESILIENT ONLY**
* Send daily content
* Send check-in about daily goal in late afternoon/evening (users pick time/window of time)
* Send daily mood measure after response to daily check-in message - **B-RESILIENT ONLY**

# Daily Mood Measure:

* **OPTION 1**: Over the past day, rate your mood on a scale from 0 to 10 where 0 to 4 is a low mood, 5 to 8 is a so-so mood, and 9 or 10 is a good mood. (taken directly from B-RICH manual)
* **OPTION 2**: Over the past day, rate your mood on a scale from 0 to 10 where 0 is the lowest, 5 is so-so, and 10 is the best. (also taken from manual but different place)

# Main Menu:

Hi [Client Name] what do you need help with today? TEXT back the corresponding number:

1: a boost (helpful thinking)

2: a break! (pleasant activities)

3: a buddy (social support)

4: resources

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# Error Messages:

* Sorry, didn’t catch that! Text NEXT to continue. This is an automated text messaging system.
* Sorry, didn’t catch that! Text YES or NO. This is an automated text messaging system.
* Sorry, didn’t catch that! Text back the corresponding number. This is an automated text messaging system.
* Sorry, didn’t catch that! Text MENU to return to the Main Menu. This is an automated text messaging system.
* Sorry, didn't catch that! Text the number corresponding to the lesson you'd like to review. This is an automated text messaging system.

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| Introductory Message to the Intervention: Thank you for enrolling in the C-LEARN study! You have been randomized into the Coping Support (CS) intervention! This means you will receive text messages, over the next 3 months, with information on improving your mood, problem solving, financial empowerment, and disaster preparedness. (1/2)  Please keep in mind that these text messages are from an automated system. There is no person receiving the text messages you send. If at any time you have a medical or mental health emergency and need to talk to someone, please call 911. (2/2) |

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B-RESILIENT Message Thread

# Introductory Message:

Welcome to B-RESILIENT! For the next 6-weeks, you will receive daily text messages with tips to support a positive mood. There are three major topics: boost (healthy thinking), break! (pleasant activities), buddy (social support), and a review week.

Some days you will be asked to set and try to meet a certain goals related to the daily lesson. You will also be asked to rate your mood. Remember, if at any time you have a medical or mental health emergency and need to talk to someone, please call 911. Text NEXT to get started!

# WEEK 1 - Boost

## WEEK 1 INTRO:

Let’s get started! The first topic we will cover is called BOOST and it’s all about how to focus on healthy thinking. During this time, we will try identifying and changing unhealthy thoughts to healthy thoughts and limiting unhealthy thoughts through worry time.

## Day 1: Identify an Unhealthy Thought

1. Today we’re going to learn about identifying unhealthy thoughts. When you’re ready to begin, text NEXT to continue to Step 1.
2. Thoughts can affect how you feel & your mood. It’s important to avoid unhealthy thoughts that can make you feel bad and have a bad mood. Unhealthy thoughts are inaccurate (not true), incomplete (leaves out some facts), or unbalanced (too extreme). Text NEXT to continue to Step 2.
3. Avoid habits of unhealthy thinking:

1. All or nothing – focus on extremes;

2. Pessimism – believing negative things are more likely.

3. Negative filter – only recall negative events;

4. Exaggerating;

5. Labeling – Instead of focusing on issue.

6. Not giving yourself credit;

7. Mind reading – Thinking you know others are thinking negatively of you.

8. Negative fortune telling – Thinking you know bad things are definitely going to happen;

9. Blaming oneself.

10. Overgeneralization – Seeing one negative thing as a never-ending pattern; 11.”Should”ing yourself - “I should have done better”.

Text NEXT to continue to Step 3.

1. **TODAY’S GOAL: Identify an unhealthy thought, if you have one today. You’ll receive a check-in text later to see how it went.**

### CHECK-IN:

Were you able to identify an unhealthy thought today? Text back YES or NO.

* If YES: Great job! Can you identify which type of unhealthy thought it was from the following list? Text back the corresponding number.

1. All or nothing thinking
2. Pessimism
3. Negative filler
4. Exaggerating
5. Labeling
6. Not giving yourself credit
7. Mind reading
8. Negative fortune telling
9. Blaming oneself
10. Overgeneralization
11. “Should”ing yourself

Great job identifying the type of unhealthy thought! Keep working to avoid those unhealthy thoughts and keep a positive mood! You can review the content you’ve learned today and other B-RESILIENT skills and tips if you text MENU.

* If NO: Remember unhealthy thoughts are inaccurate, incomplete and/or unbalanced. Avoid thoughts that aren’t fair, completely true, or balanced. You can review the content you’ve learned today and other B-RESILIENT skills and tips if you text MENU.

## Day 2: Examples of Unhealthy Thoughts

1. Yesterday, you learned what unhealthy thoughts are. Let’s explore how these may come up in your daily life. TEXT NEXT to continue
2. Let’s take natural disasters like hurricanes. With so much uncertainty around them, many people will feel overwhelmed and that there is nothing you can do. You may find this leads to some unhealthy thoughts. For example, “nothing will help prepare for a hurricane” TEXT NEXT to continue
3. There are many ways to prepare for disasters! For some examples and resources, visit <http://ready.nola.gov/plan/hurricane/> . So then, maybe a more accurate version of this thought could be: “preparing for a disaster is difficult but i have options”.
4. Another common issue is around money. It can be hard to make it day to day with finances sometimes. An example unhealthy thought could be “There’s nothing i can do about my debt”.
5. Managing finances can be hard! But there are resources to help. Another version of that thought then could be “I can save a little each month to put towards my debt”. For examples, ***click here*** to explore the C-LEARN financial toolkit app (more on that later too).
6. Today’s goal: We know many people struggle with finances, the impact of disasters and other stressful situations that trigger these unhealthy thoughts. Try and identify some unhealthy thoughts if you have any today.

## DAY 3: CATCHing Unhealthy Thoughts

1. Yesterday we talked about identifying unhealthy thoughts. Over the next few days you’ll learn how to CATCH, CHECK, and CHANGE those unhealthy thoughts causing you to feel bad. Today, we’ll try to CATCH them! When you’re ready to begin, text NEXT to continue
2. CATCH IT: Catch thoughts that come up over and over that make you feel down or helpless. “Catch that thought!’ ☺Text NEXT to continue
3. Sometimes it’s easier to notice your feeling first. Think or a negative emotion or low mood as a stop sign to “catch” your thought. Remember there are many different types of unhealthy thoughts, like all-or-nothing thinking or blaming yourself. Text NEXT to continue.
4. **TODAY’S GOAL: Catch an unhealthy thought. Try to catch an unhealthy thought today, if you have one. You’ll receive a check-in text later to see how it went.**

### CHECK-IN:

If you had any unhealthy thoughts today, did you catch one? Text back YES or NO.

* + If YES: Great job! Tomorrow you’ll learn how to check it! You can review the content you’ve learned today and other B-RESILIENT skills and tips if you text MENU.
  + If NO: Remember a negative mood can be a sign of thinking unhealthy thoughts. Unhealthy thoughts are inaccurate, incomplete and/or unbalanced. When you start feeling bad, catch the unhealthy thought that made you feel that way. You can review the content you’ve learned today and other B-RESILIENT skills and tips if you text MENU.

## DAY 4: PRACTICE: CATCHing Unhealthy Thoughts

1. Okay, let’s practice CATCHING unhealthy thoughts. One thing that can help CATCH thoughts it to think about what thoughts you were having when you were feeling the most down. Unhealthy thoughts can really affect our moods! Text NEXT to continue
2. Try and think back over the last few days if there was a time you felt more down or stressed. Think about where you were and what was going on… and if there were any unhealthy thoughts at that time. Text NEXT to continue
3. Remember, unhealthy thoughts are things like:   
   1. All or nothing – focus on extremes;   
   2. Pessimism – believing negative things are more likely;   
   3. Negative filter – only recall negative events;   
   4. Exaggerating;   
   5. Labeling – Instead of focusing on issue.   
   6. Not giving yourself credit;   
   7. Mind reading – Thinking you know others are thinking negatively of you.   
   8. Negative fortune telling – Thinking you know bad things are definitely going to happen;   
   9. Blaming oneself.   
   10. Overgeneralization – Seeing one negative thing as a never-ending pattern;   
   11.”Should”ing yourself - “I should have done better”. Text NEXT to continue to Step 3.
4. Ok, now - let’s play detective and examine that thought! Healthy thoughts are Accurate, Balanced and Complete… think “A-B-C’s” =) Over the next few days, we’ll learn together how to CHECK those thoughts and then CHANGE them.

## DAY 5: CHECKing Unhealthy Thoughts

1. Yesterday you learned how to catch an unhealthy thought. Today you’ll learn how to “CHECK it”. Ready to get started? Text NEXT to continue to Step 1.
2. After you catch an unhealthy thought, ask yourself, ‘is this thought totally true and does it include all the facts?’ For ex, like “I ALWAYS mess up.” Really? Aren’t there times when you do something well. If so, check that thought! Text NEXT to continue to Step 2.
3. It can be hard to CHECK unhealthy thoughts. One option is to talk to others about it. For example, ask a friend you trust if you ALWAYS mess up or if there are times you do things well. Need a BOOST to your social support? ***TEXT BOOST to explore more***

## DAY 6: CHANGing Unhealthy Thoughts

1. Over the last few days, you learned how to CATCH an unhealthy thought and CHECK it. Now let’s “CHANGE it”! Ready?! Text NEXT to continue
2. Change that unhealthy thought to a healthy thought that’s fair and has all the facts. For example, “Everyone messes up sometimes, but I do great things too.”
3. Replace extreme words like “ALWAYS”, “NEVER” w/things like “SOMETIMES”, “CAN”; remember things you’ve done well. Text NEXT to continue
4. Remember, healthy thoughts are Accurate, Balanced and Complete (ABC’s!). CHANGE anything about the thought that make it fit more in the ABC’s. For example, “I’m a failure because I failed a test” - this is likely an incomplete thought - Maybe CHANGE and rearrange that thought to “ I failed the test but I still have a B in the class. So, I must not be a total failure”.
5. **TODAY’S GOAL: Change an unhealthy thought. Catch, check, and change an unhealthy thought today, if you have one. You’ll receive a text later to see how it went.**

### CHECK-IN:

If you had any unhealthy thoughts today, did you CHANGE it and rearrange it? Text back YES or NO.

* + If YES: Great job! ☺ Remember Catch It, Check It, Change It when you’re feeling down and see if you can make yourself feel better!
  + If NO: When you start feeling bad, Remember Catch It, Check It, Change It and see if you can make yourself feel better!

## Day 7: Plan and Do Worry Time

1. You can also get a BOOST by limiting your worry time. That’s what you’ll learn how to do today. Ready to start?! Text NEXT to continue to Step 1.
2. Totally avoiding stressful thoughts is not realistic. But you can limit your focus on them by planning “worry time” each day. Plan 5-10 min/day to focus on your worries. Don’t try to do anything else during this time. Just consider solutions for your worries.
3. Sounds crazy, right? Keep in mind that we often worry about our day anyway, this just helps keep that worry time down and feel more confident about moving on from those thoughts. When time is up move on w/ your day. Have an activity ready so you “break your thoughts” and do something pleasant. Text NEXT to continue to Step 2.
4. **TODAY’S GOAL: Schedule Worry Time. As you are finishing, countdown from 10 slowly. Text back DONE after you’ve completed Worry Time.**
   * + **If DONE: FANTASTIC! You're awesome! You finished Worry Time and the first week of B-RESILIENT. Write a note to remind yourself of how much you accomplished this week!**
     + **If NOTHING RECEIVED: Remember to try to set time aside today for Worry Time. It can be helpful for limiting your worries and unhealthy thoughts throughout the day.**
   * You can review the content you’ve learned today and other B-RESILIENT skills and tips if you text MENU.

# Week 2 - Break

## WEEK 2 INTRO:

Today we will start a new topic called BREAK and you will learn how to give yourself a break by doing pleasant activities to improve your mood. This will cover different types of pleasant activities, how to investigate and address obstacles to doing pleasant activities, and how to do a small act of kindness for yourself each day. Remember, if at any time you have a medical or mental health emergency and need to talk to someone, please call 911

## Day 1: Activities & Positive Moods

1. Today you’re going to learn about why activities are important for keeping a positive mood and different ways to approach doing them each day. When you’re ready to begin, text NEXT to continue.
2. Activities are linked to your mood. When you do pleasant things, you are more likely to feel happier and have positive thoughts. Activities start a chain—one positive activity can lead to other positive changes. Here are a couple of categories of activities. Text NEXT to continue.
3. Focus on picking an activity that you can do: alone, with other people, inexpensively (or free), and/or quickly (simply). Text NEXT to continue.
4. Doing activities alone means you control when you do them and gives you time to enjoy your thoughts! But doing activities with others can help you feel supported! Inexpensive or free activities don't limit you based on cost and won't cause you extra stress from spending money. You can do more activities if they are quick and simple, or even just fit one into your busy day.

## Day 2: Examples of Pleasant Activities

1. Yesterday we talked about pleasant activities, some examples could be sightseeing, going to the library, taking the streetcar, or watching ships pass across the Mississippi River. Text NEXT to Continue.
2. Other activities that you can do with a friend include self guided tours or visiting the New Orleans Museum of Art on free days. Text Next to continue.
3. Some examples of physical activities that you can do include strolling through different art galleries, walking through a local park, riding your bike through the city, or fishing on the bayou. Text NEXT to continue.
4. **TODAY’S GOAL: Do a pleasant activity. It can be alone, with others, free, and/or quick. You’ll receive a text later to check-in about how the activity went.**

### Check-in:

Did you do your pleasant activity today? Text YES or NO.

* If YES: You’re great! Keep up the good work!
* If NO: Remember doing pleasant activities is about giving yourself a break. You deserve it! Here are some ideas: take a walk alone or with a buddy, give someone a hug, or recycle.

## Day 3: Self-Care Activities

1. You’ve learned about how you can approach doing activities. Today you’ll learn about another category of pleasant activities: self-care activities. Ready to get started?! Text NEXT to continue.
2. Self-Care is about being good to yourself in order to feel balanced. Keep up with self-care and reward yourself by getting a haircut, enjoying your favorite snack, or shopping for yourself. “Treat yourself, don’t cheat yourself.” Text NEXT to continue.
3. Self-care is important because it helps you to maintain a healthy relationship with yourself! You may begin to notice more positive feelings about yourself and a boost in your confidence and self-esteem! Text NEXT to continue.
4. Some simple self-care habits that you could start today are: going on a run/ light jog, taking a break when you need it, laughing heartily at least once a day, and starting a journal.

## Day 4: Meaningful Activities

1. Yesterday you learned about self-care activities. Today you’ll learn about meaningful activities to boost your self-image and add purpose to your life. Text NEXT to continue.
2. Meaningful activities fit within your values and are good for your health. Some examples include being a good friend/parent, going to church, or helping in your community. Text NEXT to continue
3. Meaningful activities can also be things that aren’t always fun, but feel good once they’re done! Like paying bills, doing chores, running errands, or grocery shopping. Test NEST to continue.
4. **TODAY’S GOAL: If you have time, try to do a self-care or meaningful activity today. You’ll receive a text later to check-in about how the activity went.**

### Check-in:

Did you do your pleasant activity today? Text YES or NO.

* If YES: Great job! Hopefully it made you feel good and motivated to do more!
* If NO: It can be hard to find the motivation to do an activity. However, pleasant activities are helpful for lifting your mood. Give it a shot tomorrow!

You can review the content you’ve learned today and other B-RESILIENT skills and tips if you text MENU.

## Day 5: Learning Activity

1. Today, we’re going to learn about another type of pleasant activity: learning activities! Ready?! Text NEXT to continue
2. Learning activities give a sense of accomplishment or learning to do something well. Like starting a new exercise or learning to knit. Text NEXT to continue
3. Some other examples include take a learning course at the community college or activity center, reading a book at the library, taking a cooking class, or learning how to play a musical instrument. Text NEXT to continue
4. There are a lot of resources online too! You can watch YouTube videos on how to fix that dishwasher =) Or free online courses - to learn a new language or anything else you find interesting.

## Day 6: Fun Activities

1. Today we are going to learn about another type of pleasant activity: fun activities. Text NEXT to continue.
2. Fun activities are simple things that bring you pleasure. Like taking a walk, playing catch or watching a bird in a tree (yeah really). Text NEXT to continue
3. People find pleasure in different things. Think about healthy things that put you in a good mood and try that as a fun activity. Text NEXT to continue.
4. **TODAY’S GOAL: If you have time, try to do a learning or fun activity today. You’ll receive a text later to check-in about how the activity went.**

### Check-in:

Did you do your pleasant activity today? Text YES or NO.

* + - If YES: You’re great! Keep up the good work!
    - If NO: Remember doing pleasant activities is about giving yourself a break. You deserve it!

## Day 7: Challenges

1. Doing a pleasant activity each day can be hard, so today is about figuring out why it might be difficult to do pleasant activities and how to solve it. Ready?! Text NEXT to continue
2. First, ask yourself, "what is keeping me from doing activities?" Example: no time, money, don't enjoy the activity, etc. Text NEXT to continue.
3. For example, if you feel lonely or don’t have someone to do something with, a potential solution could be to connect with a community center or find things you can do by yourself. Then Text NEXT to continue
4. Okay, now try and write down a list challenges you may face when trying to do pleasant activities**.** Then, text NEXT to continue.
5. Good job identifying the obstacles! Now let’s think of solutions for each obstacle. Try and focus on how to do something, not whether you can.

## Day 8: Motivation

1. You’ve learned about different types of pleasant activities, how to pick an activity, and how to overcome obstacles when doing pleasant activities. Today is about how to keep yourself motivated to do pleasant activities. Ready to go?! Text NEXT to continue
2. Doing a small act of kindness for yourself each day can really help you stay motivated to do pleasant activities. Here are some tips for activating your drive to do pleasant activities. Text NEXT to continue
3. Tip 1: Write positive thoughts. Tip 2: Help a friend. Tip 3: Take a walk with a neighbor. Tip 4: Spend time with someone who encourages you. More tips coming tomorrow!

## Day 9: Motivation (continued)

1. Yesterday we went over 4 tips for activating your drive to do pleasant activities. Here are some additional tips you may find useful. Text NEXT to continue
2. Tip 5: Visualize success before you experience fear. Tip 6: Smile. Tip 7: Make your environment more comfortable. Tip 8: Be gentle w/ yourself. Text NEXT to continue
3. Tip 9: Believe in yourself. Tip 10. Set daily goals. Tip 11: Create a support group of people, places, things. Tip 12: Follow your dreams. Text NEXT to continue
4. **TODAY’S GOAL: Pick any pleasant activity to do today. Try out the skills you learned this week! You’ll receive a text later to check-in about your activity.**

### Check-in:

Did you do your pleasant activity today? Text YES or NO.

* + - If YES: You’re great! Keep up the good work!
    - If NO: Remember doing pleasant activities is about giving yourself a break. Text TIPS to review the kindness tips for help picking an activity.

# Week 3 – Buddy

## WEEK 3 INTRO:

We are halfway through! Congrats! We’re moving on to the third topic which is all about buddies, i.e. your social support system. This will cover the importance of having buddies, mapping your support network, and how to communicate effectively with others.

## Day 1: Buddies and Mood

1. Today you’ll learn why buddies are so important for keeping a positive mood and how to map your social support network. Ready to get started?! Text NEXT to continue.
2. Buddies are social supports like family, friends, neighbors, co-workers, spiritual leaders & health care providers. Buddies can provide 4 types of support: practical, advice/info, companionship, and emotional. Text NEXT to continue
3. Some examples… Practical support: a friend to help you run errands, Advice/info: someone you trust to help you think through things, Companionship: someone to enjoy experiences with, Emotional: someone to listen to how you feel.

## Day 2: Mapping Social Networks

1. Yesterday we talked about the different types of social supporter. Today we will learn about mapping out your social networks. Ready? Text NEXT to continue
2. Mapping out who gives you what kind of support and what support you provide (aka. your support network) can help you balance your resiliency support. Text NEXT to continue
3. To map your social support network, make a list of who supports you under each type of support (practical, advice/info, companionship, and emotional). Even when our lives are hard it can feel good to help others, so make sure to give yourself credit for whom you support! Text NEXT to continue
4. **TODAY’S GOAL: Give mapping your social support network a try today!**

### Check-in:

Did you map your social support network today? Text YES or NO.

* + - If YES: Great! Look at your list and consider how to strengthen your support network. Think about how many people you identified as social support. Also, identify where you have plenty of support and where you have gaps in support.
    - If NO: Try writing down your support network. It’s a good way to identify your network strengths and where you may need to find more support to improve your mood.
  + You can review the content you’ve learned today and other B-RESILIENT skills and tips if you text MENU.

## Day 3: Effective Communication

1. Now that you know how your buddies support you, it’s important for you to know how to most effectively communicate with them. Today, let’s talk about using “I” statements to convey your thoughts and feelings. Ready?! Text NEXT to continue to Step 1.
2. Using “I” statements is helpful for clearly conveying how you think and feel. For example... I felt upset when I lost my wallet or I felt happy when I received a promotion.
3. “I” statements help foster positive communication for stronger relationships with your friends and family.
4. Example, instead of “Don’t be rude”, try “I feel sad when I hear rude words”. We’ll go over this more tomorrow!

## Day 4: “I” Statements

1. An important part of using “I” statements is knowing your rights for how you interact with others that help you have healthy, positive relationships. Text NEXT to continue
2. My rights (4 total):   
   1. I have the right to let others know my feelings as long as I do it in a way that is respectful of their feelings.

2. I have the right to let others know my thoughts/opinions as long as I do it in a way that is respectful of their thoughts/opinions.  
  
Text NEXT to continue

1. 3. I have the right to request that others change their behavior when their behavior affects me.

4. I have the right to accept or reject anything that others say to me. 5. I have the right to decide whether or not I will do what others ask of me.

Text NEXT for to continue.

1. **TODAY’S GOAL: Practice using “I” statements. Try using an “I” statement when communicating how you feel or think to someone today. You’ll receive a text later to check-in about it.**

### Check-in:

Did you practice using an “I” statement today?

* + - * IF YES: Great job! Keep using “I statements” when you want to explain to someone how you think or feel. Make sure to be calm, honest, and respectful.
      * IF NO: Using “I” statements can help you clearly explain how you feel/think. Try using an “I” statement the next time you want to express your thoughts to someone.

You can review the content you’ve learned today and other B-RESILIENT skills and tips if you text MENU.

## Day 5: Communication Styles

1. Over the past 2 days, you’ve learned how yours buddies provide you with social support and your rights for interacting with others. Today is about how to actively communicate w/ others. Ready to start?! Text NEXT to continue Step 1.
2. Good communication--both listening and talking--is important for healthy relationships. When you’re talking to someone, try to show that you are really listening. Notice their words, tone of voice and body language. Text NEXT to continue to Step 2.
3. After the person is finished talking, restate what you think they said using your own words. Say “let me see if I get what you mean...” Ask the person if you understood both the facts and feelings. Give the person a chance to explain if you didn’t understand correctly.

## Day 6: Communication Styles (continued)

1. Today we’ll continue learning about how to effectively communicate your feelings and thoughts, which can help improve your mood. Ready?! Text NEXT to continue to Step 1.
2. There are 3 basic communication styles: passive, aggressive, and assertive. Text NEXT to learn about passive communication
3. Passive communication: holding in feelings/thoughts/opinions ex. during conflict, thinking to oneself. Text NEXT to continue
4. For example, “Oh no, when will this ever end.” This style respects the wishes of others but not one’s own wishes. Alternative: “I am tired and would like to leave”.

## Day 7: Communication Styles (continued)

1. Ok, let’s keep learning about communication styles. Today is aggressive communication. Text NEXT to continue
2. Aggressive communication: expressing feelings in outbursts—shouting, throwing, hitting.
3. For example: “You’re an evil person! You do things just to drive me crazy!" This style respects one’s own wishes, but not the wishes of others.

## Day 8: Communication Styles (continued)

1. The third communication style is assertive communication. Text NEXT to continue to learn about this type
2. Assertive communication: expressing your feelings/thoughts respectfully.
3. For example: “I feel badly when you put me down and I don’t like how I feel when I put you down... ...Can we talk about what we can do to be kinder to each other?” This style respects both parties’ wishes. Text NEXT to continue to Today’s Goal.
4. **TODAY’S GOAL: Practice using an Assertive communication style when communicating with others. You’ll receive a text later to check-in about how it went.**

### Check-in:

Did you use the Assertive communication style today? Text back YES or NO.

* + - IF YES: Great job! Assertive is the style that is most respectful of both party’s wishes. It increases the chances that you will get what you want. But you may need to compromise.
    - IF NO: Remember that the assertive style is most respectful of both party’s wishes. It increases the chances that you will get what you want. But you may need to compromise. Try to use it during your next conversation.
  + You can review the content you’ve learned today and other B-RESILIENT skills and tips if you text MENU.

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## Day 9: Activities with Buddies

1. Over the past few days, you’ve learned whom your buddies are and how to communicate with them. Today, let’s talk about doing activities with buddies. Ready to get started?! Text NEXT to continue
2. When your mood is low, you may feel uncomfortable and have less contact with others. But less contact w/ others might make you feel more alone, angry, and sad.
3. Buddies can help you feel supported and positive. They can help you handle your problems and share life’s pleasant moments. Here is a list of activities that you can do with a buddy: <https://bit.ly/2Q8BWNJ>

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# Review Week

## WEEK 4 INTRO:

We have reached the last week of B-RESILIENT! This week will celebrate your resiliency and mindfulness! We will review the tips and skills you’ve learned to give yourself a BOOST, BREAK, and interact with BUDDIES!

## Day 1: Reviewing BOOST

1. Today, we’ll review how to give yourself a BOOST! When you’re ready to begin, text NEXT to continue to Step 1.
2. Thoughts can affect your feelings & mood. For example, when life gives lemons, make lemonade. Unhealthy thoughts can cause a bad mood. They’re inaccurate (not true), incomplete (leaves out facts) or unbalanced (extreme). Text NEXT to continue to Step 2.
3. Avoid unhealthy thoughts, like all-or-nothing thinking and blaming yourself. Planning “worry time” can limit unhealthy thoughts. It can be hard to avoid unhealthy thoughts. Remember the skills you’ve learned to keep those thoughts from causing a bad mood. Text NEXT to continue to Step 3.
4. **TODAY’S GOAL: Review at least one BOOST lesson. Text BOOST to begin. We’ll check back later to see how it went.**

### Check-in:

Did you review a BOOST lesson today? Text YES or NO.

* + - IF YES: Great job! It’s important to replace unhealthy thoughts with healthy thoughts, so remember your BOOST skills to keep a positive mood!
    - IF NO: Remember it’s important to replace unhealthy thoughts with healthy thoughts, so try to review your BOOST skills to keep a positive mood!
  + If you would like to continue reviewing and practicing your B-RESILIENT skills and tips, text MENU.

## Day 2: Review BREAK

1. Continuing our celebration of your resiliency, today we’ll review how to give yourself a BREAK! When you’re ready, text NEXT to begin at Step 1.
2. Doing pleasant activities is a great way to improve your mood and focus on positive thoughts. Activities can be self-care (e.g. haircut), meaningful (e.g. working), fun (e.g. seeing a movie with a buddy), or learning (e.g. using your B-RESILIENT app!). Pleasant activities are also things you can do alone or with other people; that are free/inexpensive; or quickly or simply. Text NEXT to continue to Step 2.
3. When you're having trouble finding the motivation to do a pleasant activity, investigate the obstacles you’re facing and identify solutions. Then test them out. Always remember to do a small act of kindness for yourself every day! Text NEXT to continue to Step 3.
4. **TODAY’s GOAL: Celebrate yourself by reviewing a BREAK lesson today. You’ll receive a text later to check-in about how it went.**

### Check-in:

Did you review a BREAK lesson today? Text YES or NO.

* + - * If YES: Great job! Giving yourself a break is important for a positive mood!
      * If NO: Giving yourself a break is important for a positive mood! Remember to do a small act of kindness for yourself and review how to give yourself a BREAK.
  + If you would like to continue reviewing and practicing your B-RESILIENT skills and tips, text MENU.

## Day 3: Review BUDDY

1. Today, let’s celebrate your resiliency by reviewing BUDDY! When you’re ready, text NEXT to begin Step 1.
2. Buddies can be family, friends, spiritual leaders, etc. who provide you w/ support. They can help you handle your problems and share life’s pleasant moments. Buddies can provide 4 types of support: practical (helping you go to the store), advice/info, companionship, and emotional (someone to share your feelings w/). Text NEXT to continue to Step 2.
3. When you’re talking to a buddy, try to show that you are really listening and check that you understood their thoughts and feelings. Use the Assertive communication style and “I” statements to clearly, directly, and respectfully communicate your thoughts and feelings to others. Text NEXT to continue to Step 3.
4. **TODAY’S GOAL: Celebrate your resiliency by reviewing a BUDDY lesson today. You’ll receive a text later to check-in about how it went.**

### Check-in:

Did you review a BUDDY lesson today? Text YES or NO.

* + - If YES: Great job! Maintaining healthy relationships with buddies is important for feeling supported and keeping a positive mood!
    - If NO: Maintaining healthy relationships with buddies is important for feeling supported and keeping a positive mood! Try to review a BUDDY lesson so you have the skills to communicate effectively with others.
  + If you would like to continue reviewing and practicing your B-RESILIENT skills and tips, text MENU.

## Day 4: Review Recognizing Strengths

1. You’ve worked hard at learning how to give yourself a BOOST, a BREAK, and working with a BUDDY! Well done! Let’s celebrate you more today by recognizing your strengths. When you’re ready, text NEXT to begin at Step 1.
2. Everyone has strengths. You have lots! Remembering your strengths can help you focus on the positive aspects of your life. Text NEXT to continue to Step 2.
3. **TODAY'S GOAL: Write down your strengths. Take a few minutes to do so today to help build your resiliency. You’ll receive a text later to check if you did.**

### Check-in:

Did you make a list of your strengths today? Text YES or NO.

* + - IF YES: Great job! Keep your list in a safe place as a reminder of your strengths and how resilient you are.
    - IF NO: Try to find some time to write your list of strengths. It’s a great reminder of what you do we**ll and your resiliency!**
  + If you would like to continue reviewing and practicing your B-RESILIENT skills and tips, text MENU.

## Day 5: Review of Goal Setting

1. Today is the last day of B-RESILIENT! Congratulations on building your resiliency! Your last lesson reviews the importance of goal-setting. Text NEXT when you’re ready to begin at Step 1.
2. Goals can provide a sense of direction, help you organize your energy, focus, and figure out what is important in your life. Goals are short-term, day/week/months, or long-term, 1 year or more. Goals should be realistic, specific and manageable—under your control. Text NEXT to continue to Step 2.
3. Over the last 4 weeks, you’ve set short-term goals each day. For example, learning to Catch it, Check it, Change it; doing a pleasant activity; and learning how to effectively communicate w/ buddies. You’ve also pursued long-term goals, such as improving your resiliency by using the B-RESILIENT app! Text NEXT to continue to Step 3.
4. **TODAY’S GOAL: Reward yourself for a job well done! Patting yourself on the back is a great quick, simple activity to celebrate the resilient person you are. Moving forward, stay committed to keeping a positive mood! Give yourself a BOOST and a BREAK. And don’t forget your BUDDIES for support. You’re GREAT!**

# Final Message:

You have finished B-RESILIENT! Next week we will discuss something new, called “Problem-Solving Therapy” (PST). You will learn tips on how to systematically solve problems that may be impacting your life. Remember, if you need to revisit any information, text MENU for more options.