

# COPE Intervention



## C = Calming the Nervous System

- Physical
  - Soup breathing, sensory awareness, punching a pillow, aerobic exercise, supportive surfaces, massage, biofeedback
  
- Mental
  - Paradoxical thinking, scaling level of fear, visualizing desired outcomes, distraction through counting, humor
  
- Physical and mental
  - Meditating using a repetitive phrase, worry strands

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## **O = Originating an Imaginative Plan**

- Thinking strategies and styles
  - Flexibility thinking exercises, learning to think out of the box, imaginative stories, functional freedom (imagining more than one use for an object), developing remote associations with objects, lateral and vertical thinking
  
- Creating Anti-Anxiety Plans
  - Approximation (step-by-step), flooding, floating, support
  - Developing family rituals to support anti-anxiety plans

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## **P = Persisting in the Face of Obstacles and Failure**

- Promoting success
  - Increasing tolerance for ambiguity, taking moderate risks, learning about courage from stories, allowing crying, delayed gratification
  - Three weeks of practicing new behavioral response

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## **E = Evaluating and Adjusting the Plan**

- Evaluation techniques
  - Charting levels of anxiety throughout the day, pulse counting for fifteen seconds
  - Drawing pictures of how they performed the plan, drawing abstract pictures of the feelings, working with a buddy to assess plan
  - Listing steps in the plan, journal writing to assess plan, tape recording evaluations of plan
  - Dacey-Fiore Anxiety Questionnaire as a pre- and post-test evaluation