

# mindaid coping keys

## *Instructions*

MindAid Coping Keys are an evidence-based psychological tool developed by two psychologists that assists people to think about everyday problems in a helpful and realistic way. Research has shown that one's thoughts and unhelpful "self-talk" affects our emotions/mood which impacts our physical feelings and behaviours. Thus an individual can alter their emotional state by changing the way that they think. The aim of this tool is to help you understand, manage and change your thoughts (cognitions) and actions (behaviour). This process is known as Cognitive-Behavioural Therapy (CBT).

## *The Key to Improving your Mental Health*

The MindAid Coping Keys are designed to:

- (1) Improve your mental health and well-being
- (2) Increase coping skills
- (3) Provide support during emotionally stressful times (e.g., before undertaking an exam, giving a presentation, or dealing with negative life events)
- (4) Be used as a self-help tool or in combination with psychological therapy.

In short: If you *think well*, you *live well*.

## *How to Use the Coping Keys*

Each pack contains 20 Coping Keys which have been designed to treat common problems. The cards have been colour-coded:

- ◇ Green for Social Anxiety
- ◇ Blue for Stress
- ◇ Grey for Perfectionism
- ◇ Orange for Depression

You can use the Coping Keys any way you like. We suggest you keep them close by (e.g., in your car, pocket, desk or wallet) so that you can quickly refer to them. If one of the Coping Keys does not fit your particular situation or thought, just skip it and choose another one. You can remove your favourite Coping Key from the key ring to carry with you or place it somewhere you will see it often (like on the fridge or a mirror).

## *Important Notice*

The Coping Keys are not intended to replace psychotherapy or counselling. If problems persist, please contact your mental health practitioner or your doctor (GP).

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