

The Relationship Between Coping, Mindset, and Flow

Presented by: Leah Basaria and Alisa Cortes Alba



CARE Coaching

**CARE COACHES PROVIDE
PEER-TO-PEER SUPPORT, HELPING
STUDENTS TO NAVIGATE THE
DIFFICULTIES THAT COME WITH BEING A
COLLEGE STUDENT.**

-  Improve college skills such as note taking, time management, and study skills
-  Connect you to on- and off-campus resources
-  Develop a growth mindset
-  Build a success plan
-  Set short and long-term goals
-  Get comfortable with the campus environment
-  Find opportunities to get involved on campus



Canvas course:

<https://online.valenciacollege.edu/enroll/T7TYCP>



Resilience

- Internal/External Demands
- Adaptability
- Flexibility
- Adjustment



Mindset

FIXED

- Qualities are fixed traits
- Avoid challenges
- Don't apply effort
- Get defensive about feedback
- Discouraged by setbacks
- Blame others for shortcomings



GROWTH

- Effort develops abilities
- Perseverance rewards
- Try new strategies
- Skills can improve
- Feedback increases persistence
- Learn from mistakes





Positive Coping Strategies

OUTCOMES

- Increased Flexibility & Adjustment
- Build Resilience
- Improve Emotional Regulation
- Greater Self-Esteem/Self-Efficacy
- Increased Physical/Mental Well-Being
- Academic Achievement
- Growth Mindset
- True Processing & Healing

EXAMPLES

- Journaling/Expressive Writing
- Seeking Support
- Talking it out/Venting
- Yoga/Exercise
- Meditation
- Positive Reinterpretation
- Planning
- Acceptance



Outcomes

- Decreased resilience
- Poor emotional regulation
- Adverse health effects
- Decreased performance
- Short-term fixes
- No processing nor healing
- Depression
- Fixed Mindset

Examples

- Substance Abuse
- Self-blame
- Bottling
- Disengagement
- Denial
- Rumination
- Catastrophizing

Dr. George Bananno

The Resilience Paradox



- Flexible self-regulation is key
- Keep a variety of "tools" in your repertoire
- Individual and situational variability
- Most people have resilient outcomes

The Power of "yet"



If you are tempted to say "I can't"
have the courage to say "yet".

Celebrate your Progress!



FLOW

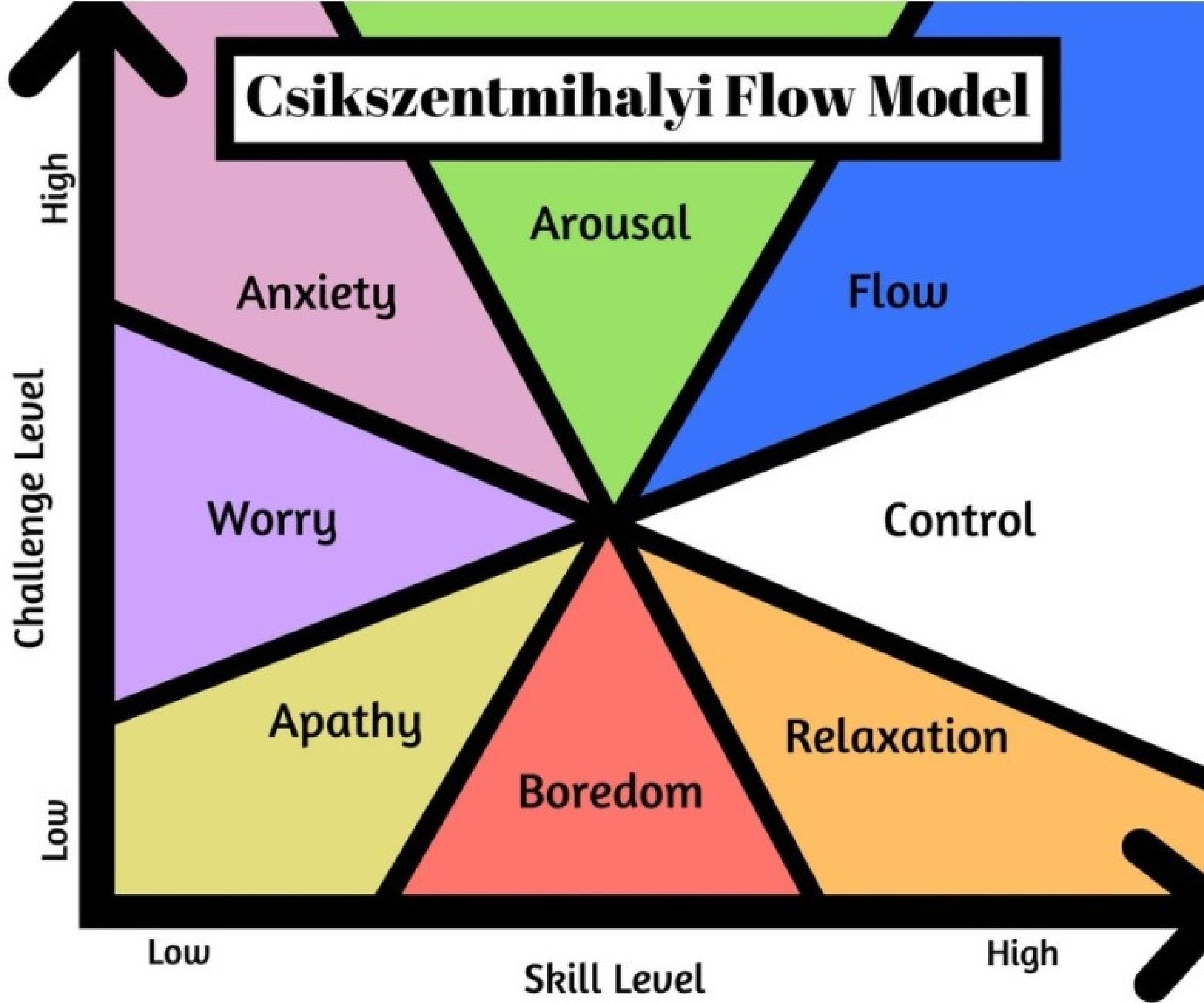
"A state in which people are so involved in an activity that nothing else seems to matter..."

- Mihaly Csikszentmihalyi (1990)



GOAL
getter

GOOD
VIBES



"Flow is a source of mental energy that focuses attention and motivates action"

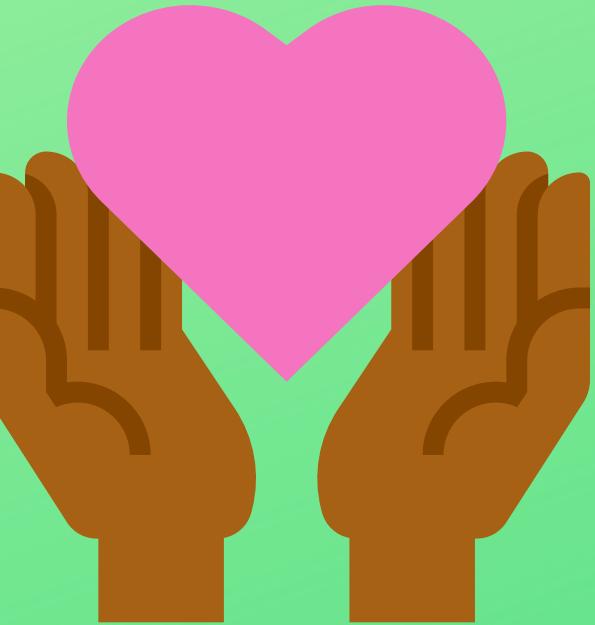
"Goals transform a random walk into a chase."

"Many people stagnate because they do not trust their own potential"

- Mihaly Csikszentmihalyi



goals!



**Specific
Measurable
Achievable
Relevant
Time-bound**

- Short/mid/long-term goals
- Adaptable plans
- Reward yourself



FAIL



Be willing to fail forward

When we learn from our failures, we never
actually fail.

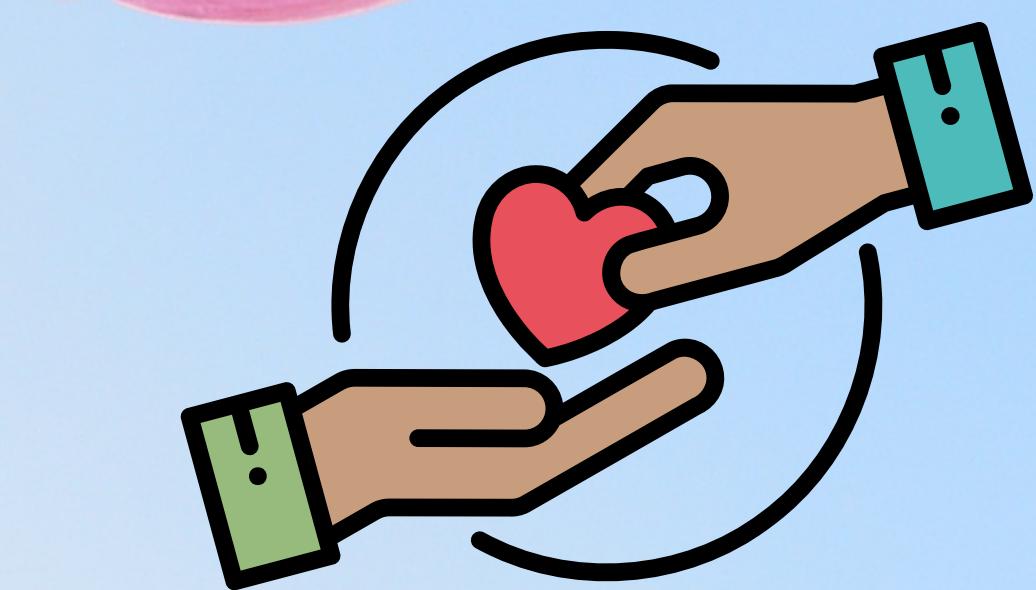




friends

Our relationships form us

- Be selective about who is in your circle
- Spend time with those who make it in



Reflect

1. How does Flow affect our mindset?
2. How does coping affect our Flow?
3. How can we find Flow in our academic work?

Resources

Dweck, C. S. (2007). *Mindset: The New Psychology of Success*. New York: Ballantine Books. Print.

Csikszentmihalyi, M. (1990). *Flow: The Psychology of Optimal Experience*. New York: Harper & Row. Print.

Heffer T, Willoughby T (2017) A count of coping strategies: A longitudinal study investigating an alternative method to understanding coping and adjustment. *PLoS ONE* 12(10): e0186057.
<https://doi.org/10.1371/journal.pone.0186057>

Pennebaker, J. W. (1997). Writing about emotional experiences as a therapeutic process. *Psychological Science (0956-7976)*, 8(3), 162-166.
<https://doi.org/10.1111/j.1467-9280.1997.tb00403.x>

Questions?



Comments?

Leah Basaria:
Lbasaria@valenciacollege.edu

Alisa Alba:
Acortesalba@valenciacollege.edu