

# **The Relationship Between Coping, Mindset, and Flow**

**Presented by: Leah Basaria and Alisa Cortes Alba**





VALENCIA COLLEGE

# 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



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**Canvas course:**

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





# Resilience

- Internal/External Demands
- Adaptability
- Flexibility
- Adjustment





# Mindset

## FIXED

## GROWTH

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

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





Winner!



# Positive Coping Strategies

Breathe



## 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





# Negative Coping Strategies



## 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..."

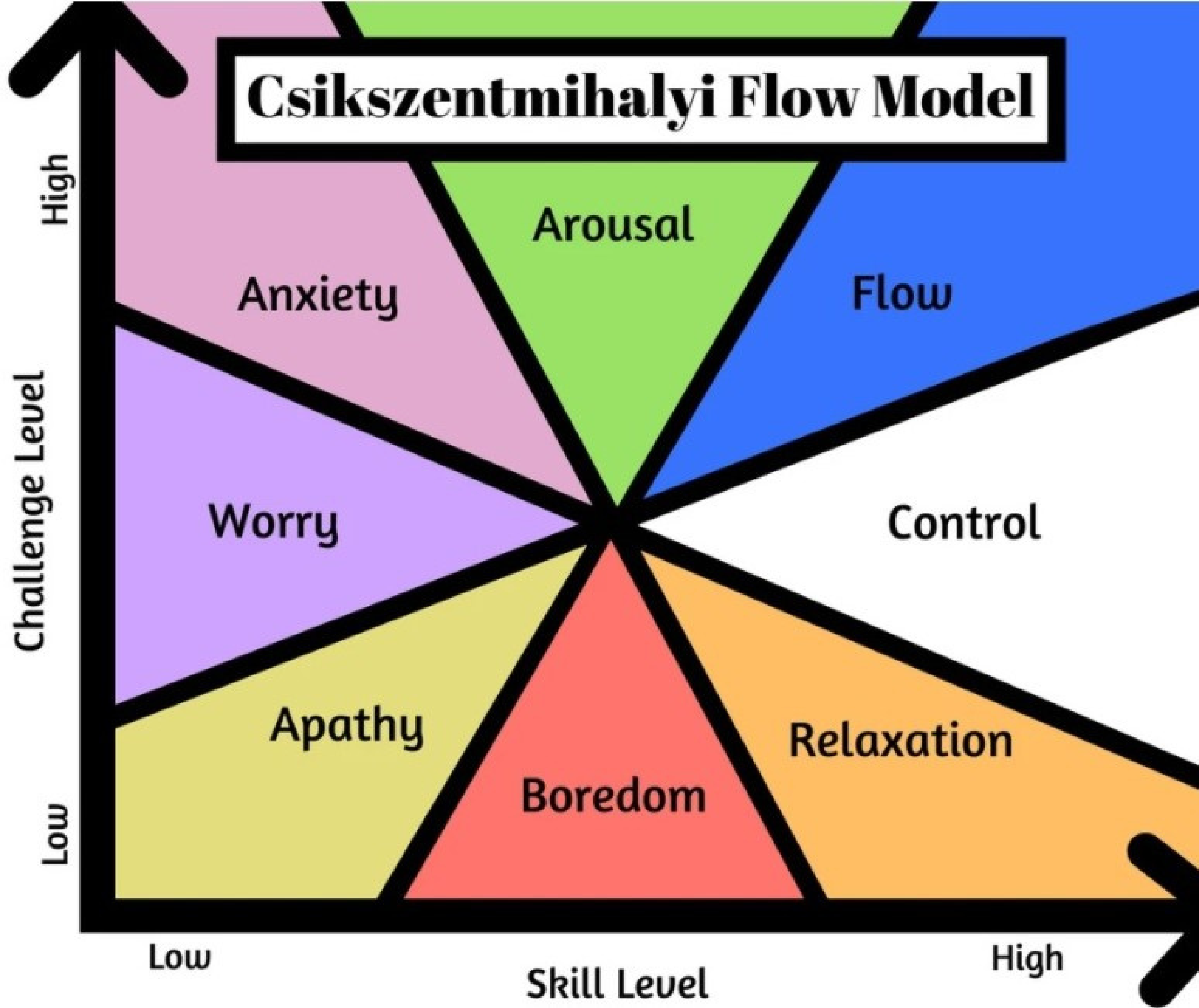
- Mihaly Csikszentmihalyi (1990)



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."

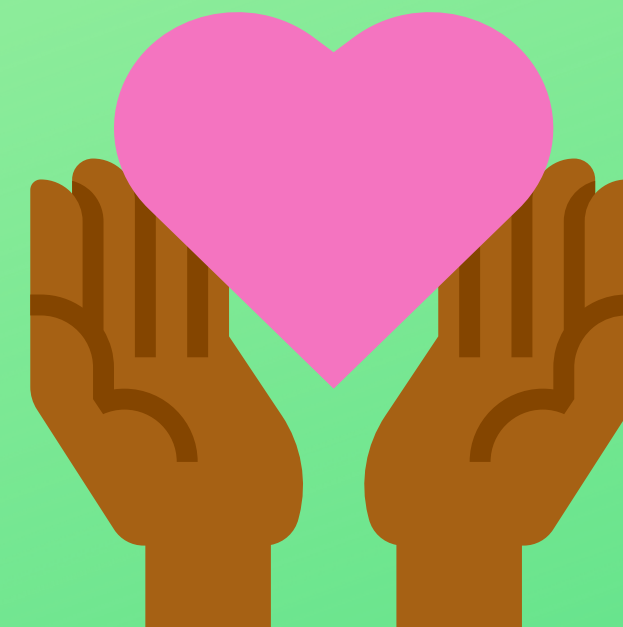
"Many people stagnate because they do not trust their own potential"

- 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.

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<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?**

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