

# CLINICAL PSYCHOLOGY WITH DR CHRISTINE WEKERLE

## TALKING POINTS:

- 1) Adisa and Mary are experiencing a number of challenges that all seem to be happening at the same time. Can you think of three things the friends could do to help them manage their situation and feel more on top of it all? Imagine and role-play strategies they could use to draw on their resilience; for example, how might Mary find a way to ask for support? What could Adisa say to his parents? (See *Imagine this scenario*, p1)
- 2) What does self-compassion mean, and why is it important? (See *Life is a journey*, p1. This YouTube video from Stanford University shows you how you can be self-compassionate: <https://www.youtube.com/watch?v=1g-SD3B1jB8>)
- 3) The American Psychological Association describes resilience as 'the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress'. What does resilience mean to you? What other words would you use besides resilience? For example, one youth described it as "mental strength" and another described it as "getting life-proof". (See *What is resilience?*, p1)
- 4) Everyone has resilience. Do some people show more of their resilience than others? Why do you think that is? (See *What is resilience?*, p1)
- 5) In your view, why is it so common to ignore problems or difficulties, and hope they go away? What are other options? (See *How can we be resilient?*, p1)
- 6) The JoyPop app is designed to help young people focus on the positives in their lives several times a day, every day. Why is this important? (See *How can we be resilient?*, p1)
- 7) Clinical psychology is a branch of science that focuses on the study of the mind and integrates many other types of study. What is developmental science? Now research and describe "neuroscience", "population health" and "mechanisms of change". (See *What is clinical psychology?*, p2)
- 8) Chris mentions clinical and resilience interventions in her article. What are interventions? Is the JoyPop app an intervention? (See *What is clinical psychology?*, p2)

## ACTIVITIES YOU CAN DO AT SCHOOL, COLLEGE OR AT HOME

### BREATHING TO RELIEVE STRESS

Breathing deeply has been widely recognised as an effective way to manage stress and anxiety. There are two breathing activities on the JoyPop app. Why not try one out for yourself?

- 1) Breathe in slowly through your nose
- 2) As you breathe in, count to 6
- 3) Hold your breath for 1 second
- 4) Now breathe out slowly for 6 seconds.
- 5) Repeat this exercise 3 or more times.

### THERE'S MORE TO PEOPLE THAN MEETS THE EYE

Form a circle with your friends. Share a fun fact that most people wouldn't know about you. Now reflect on how you relate to someone else's fun fact. By doing this activity, you'll soon learn that there's more to people than meets the eye. How about trying this with people you don't know very well in your class? Remember, no one has to share anything about themselves that they don't want to share.

Check out Chris' article online to find out her fun fact:  
<https://futuraumcareers.com/dr-christine-wekerle-finding-joy-in-an-app>

### WHAT DO YOUR POCKETS SAY ABOUT YOU?

Dr John Suler at Rider University has come up with a list of activities that can be done in school or at college, and one is called Empty your pockets. Find out more on his website: <http://truecenterpublishing.com/tcp/inclassex.html>