



Program Description

WeCOPE (Connecting With Our Positive Emotions) is a 6-week research-based program that helps adults cope with daily stressors. This program has been shown to reduce stress and symptoms of depression, increase positive affect, and improve health behaviors. WeCOPE is based on the work of Dr. Judith Moskowitz.

Program Format

The WeCOPE course is conducted in 1-hour sessions over 6 weeks at no cost. The program can be delivered in person or virtually depending on audience needs.

There are 11 skills introduced over the course of the program. Each week, participants will be introduced to a new skill. They will then participate in small group discussion and practice skills at home. Participants gain the most from WeCOPE when they are able to practice skills between sessions using the workbook and journal that are provided with registration.

Session Overview

- Session 1: WeCOPE Project Overview & Emotional Awareness
- Session 2: Gratitude & Noticing and Savoring Positive Events
- Session 3: Everyday Mindfulness & Mindfulness Meditation
- Session 4: Positive Reappraisal
- Session 5: Self-Compassion & Acts of Kindness
- Session 6: Personal Strengths & Attainable Goals
- Session 7: Wrap-Up & Continued Practice

Ready to learn more? Please direct all questions to Katie Jaegly, Health & Well-Being Educator at katie.jaegly@wisc.edu.