



WeCOPE: Building Self-Management Skills for Emotional, Mental, and Physical Well-Being

Challenge

Managing stress and maintaining emotional well-being are ongoing challenges for many individuals, particularly in the face of life's uncertainties. Research has shown that chronic stress negatively impacts both mental and physical health, increasing the risk of anxiety, depression, and other health conditions. In Wisconsin, communities have expressed a need for accessible and effective strategies to help individuals build resilience, cope with stress, and improve overall well-being.

“Last year was tough for many reasons. WeCOPE was a lifeline in a rough sea.”

— WECOPE PROGRAM PARTICIPANT

Approach

WeCOPE (Connecting With Our Positive Emotions) is an evidence-based program designed to teach participants practical strategies for managing stress and building emotional resilience. This seven-session program is rooted in positive psychology and mindfulness, helping individuals identify and strengthen their personal coping resources. Through guided discussions, interactive activities, and self-reflection, individuals learn skills like gratitude, self-compassion, positive reappraisal, and problem-solving. One participant shared, “It helped me to recognize more tools I could use to help me cope with stressful situations.” WeCOPE is offered both in person and virtually, making it accessible across Wisconsin.



Said they continued using skills learned in WeCOPE



Said WeCOPE had a lasting positive effect on their well-being

Results

The impact of WeCOPE is clear. In a 2024 follow-up survey, **94 percent of respondents** said they continued using skills learned in WeCOPE, including mindfulness, gratitude, and self-compassion. Participants also reported improved emotional regulation, stronger social connections, and a greater ability to navigate stress. Additionally, **91 percent of respondents** agreed that the program had a lasting positive effect on their well-being. As one participant put it, “I am very glad I completed the WeCOPE program. It is a program that would be beneficial to anyone. We all need a little help from time to time to deal with what is going on in our personal lives, work lives, and the world around us.” These findings highlight WeCOPE’s role in fostering long-term resilience and promoting healthier communities across Wisconsin.

