<table>
<thead>
<tr>
<th>Strategy</th>
<th>Executive Function Skill</th>
<th>Related Competencies, Facets, and I Statements</th>
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<tr>
<td>Cognitive Behavioural Strategies</td>
<td>Emotional Control</td>
<td>Communication = C, Thinking = T, Personal and Social = PS</td>
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<td>Inhibition</td>
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<td>Flexibility/Shift</td>
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<td>Working Memory</td>
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Cognitive behavioural strategies are the most solidly researched and supported method of helping students managing anxiety and depression. Teachers can support students' thinking, but cognitive behavioural therapy needs to be delivered by a trained therapist. A variety of programs can support students at school. These include Friends for Life and Second Step.

- **Anxiety Canada** (formerly Anxiety BC)
- **Learn Friends Resilience Skills Through Games** (Friends Resilience)

**T - Generating Ideas**
- I have deliberate strategies for quieting my conscious mind (e.g. walking away for a while, doing something relaxing, being deliberately playful so that I can be more creative.)

**PS - Self-Regulation**
- I can use strategies that help me manage my feelings and emotions.
- I can persevere with challenging tasks

**PS - Well-Being**
- I can participate in activities that support my well-being and tell/who how they help me.
- I can use strategies to find peace in stressful times.
- I can sustain a healthy and balanced lifestyle.

**PS - Solving Problems in Peaceful Ways**
- I can solve problems myself and can identify when to ask for help.
- I can identify problems and compare potential problem-solving strategies.
- I can clarify problems, consider alternatives, and evaluate strategies.
- I can clarify problems or issues, generate multiple strategies, weigh consequences, compromise to meet the needs of others, and evaluate actions.