



Meet Filip.

Filip is a 39-year-old man who lives alone in a town in rural Ontario. Filip has a job in middle management which he enjoys. However, the environment in which he works is hostile; his boss often threatens staff, his coworkers talk behind each other's backs, and he is often expected to work long hours. While Filip wants to change jobs, financial issues and limited job opportunities make him think this is impossible. This makes him angry, irritable and short-tempered with others. To help numb his emotions, Filip watches a lot of television and smokes marijuana every day. While the marijuana helps him sleep, he admits that he can't rely on smoking when he needs to stay alert at work.

Filip comes into the BounceBack program feeling down and isolated.

Through bi-weekly coaching sessions, Filip rebuilds his confidence, communications, and relationship skills. With the help of his coach, Filip learns a number of practical skills to help him overcome his low mood and feeling of isolation.

He learns how to:

- Break down his goal of finding a new job into manageable steps. As a result, he has started applying for other jobs and feels less overwhelmed.
- Recognize and change any unhelpful thinking patterns to help stop himself from mindreading what others are saying about him and overcome his avoidance of social activities.