

Regulating Emotions & Prioritizing Self-Care as a Family

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Workshop Goals

- Learn skills aligned with attending to our emotions and engaging in self-care as individuals and as a family
- Set goals related to increasing attention to these behaviors



Overview of Dialectical Behavior Therapy (DBT)



- Skills-based curriculum that helps students with emotional problem-solving
 - Mindfulness
 - Distress Tolerance
 - **Emotion Regulation**
 - Interpersonal Effectiveness
 - Walking the Middle Path
- Understand our emotions, feel our emotions, without necessarily letting them run the show
- Label emotions, thoughts, urges - and then decide what to do

What does emotion regulation mean?



- Intentionally attending to factors that increase our emotional vulnerability
- Prioritizing of activities that elicit a sense of joy, happiness, and connection
- Engaging in behaviors that align with our values and help us feel competent, in control, accomplished, and proud
- Not necessarily acting on our emotions, feeling more in control of our emotional experiences
- Creating plans for stressful situations ahead of time

What about self-care?

- Self-care includes emotional self-care – doing things to intentionally take care of our emotional experiences
- Acknowledging our emotions & vulnerability
 - We all have emotions, and sometimes they get in our way
 - We sometimes have urges to push away painful emotions such as fear, worry, sadness, and grief
 - Self-care involves giving space for these emotions – labeling them, sitting with them, expressing them
- Practicing emotional check-ins

Emotion Regulation: ABC PLEASE

- Accumulate positive experiences
- Build mastery
- Cope ahead
- Vulnerabilities: PLEASE
 - Physical illness
 - Limit screen time
 - Exercise
 - Avoid mood-altering substances
 - Sleep
 - (Regular) Eating

Accumulating Positive Experiences

- Schedule daily, mindful activities that elicit a sense of joy, happiness, and connection
- Doing something just for the sake of having fun – independently & with others
- Short-term & long-term (working towards a goal)
- What do I need to let go of in order to maximize on this activity? - DBT Push Away Skills (ACCEPTS)
- Treat activities like appointments



Build Mastery

What is it?

- Do something each day that elicits a sense of competence, control, and accomplishment
- Mastery activities might not necessarily be something that elicit joy - we might not want to do them **and** they help us feel like we have accomplished something or gotten something done

How?

- Think: What do I want to get done? What is one action step aligned with that goal or project?
- Family projects, skills, tasks - something that requires everyone to learn together
- Examples: chores or other household projects, answering emails, doing homework, learning a new skill or hobby, exercise, *putting together Ikea furniture*

Coping ahead



- There are some predictable situations, scenarios, and contexts that will elicit distressing emotions and emotion-focused behavior
- Examples: a test or academic assignment, Sunday evenings, presentation at work, conversation with someone we need to confront, seeing that particular family member over a holiday dinner

- Coping ahead instead of “stressing ahead”
- Think: what emotions will I feel? What will I have the urge to do? What will it look like to cope effectively (and feel good afterwards)?
- Practice coping ahead of time
- Accept what is out of your control

PLEASE Skills – Reduce Vulnerabilities

- Physical Health (Practice Positivity)
- Limit Screen Time (& News Consumption!)
- Eat Healthy
- Avoid Drugs/Alcohol (take as prescribed)
- Sleep
- Exercise



PLEASE – Practicing Positivity



- Gratitude
 - Make a list: What am I grateful for?
What am I grateful for today?
 - Write a letter to someone you are grateful for
 - Write a letter of gratitude to yourself!
 - Morning coffee gratitude
- Positive News
 - John Krasinski– Some Good News
 - Good News Network
- Find the Silver Lining
 - What was the best part of my day?
What made me smile today?
 - What am I able to do now that I otherwise would not be?
 - How do I want to remember this time?

Review & Goals

ABC PLEASE

- Accumulate positive experiences
- Build mastery
- Cope ahead
- PLEASE - vulnerability factors
 - Physical illness (practicing positivity)
 - Limit screen time
 - Exercise
 - Avoid mood-altering substances
 - Sleep
 - (Regular) Eating

Setting Goals

- Pick one skills you and your family could benefit from attending to
- Brainstorm goals and identify action steps
- Connect to the why – **why** focus on these skills, activities, & behaviors? Why do I want to improve my mood and emotion regulation?
- Check-in as a family
- Work towards using skills regularly

Thank you!

Questions?

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