



SOMERS CSD FIFTH ANNUAL WELLNESS SUMMIT

SPONSORED BY: SOMERS PARTNERS IN PREVENTION



PRESENTS....

MANAGING DISTRESS THROUGH EMOTIONAL PROBLEM SOLVING



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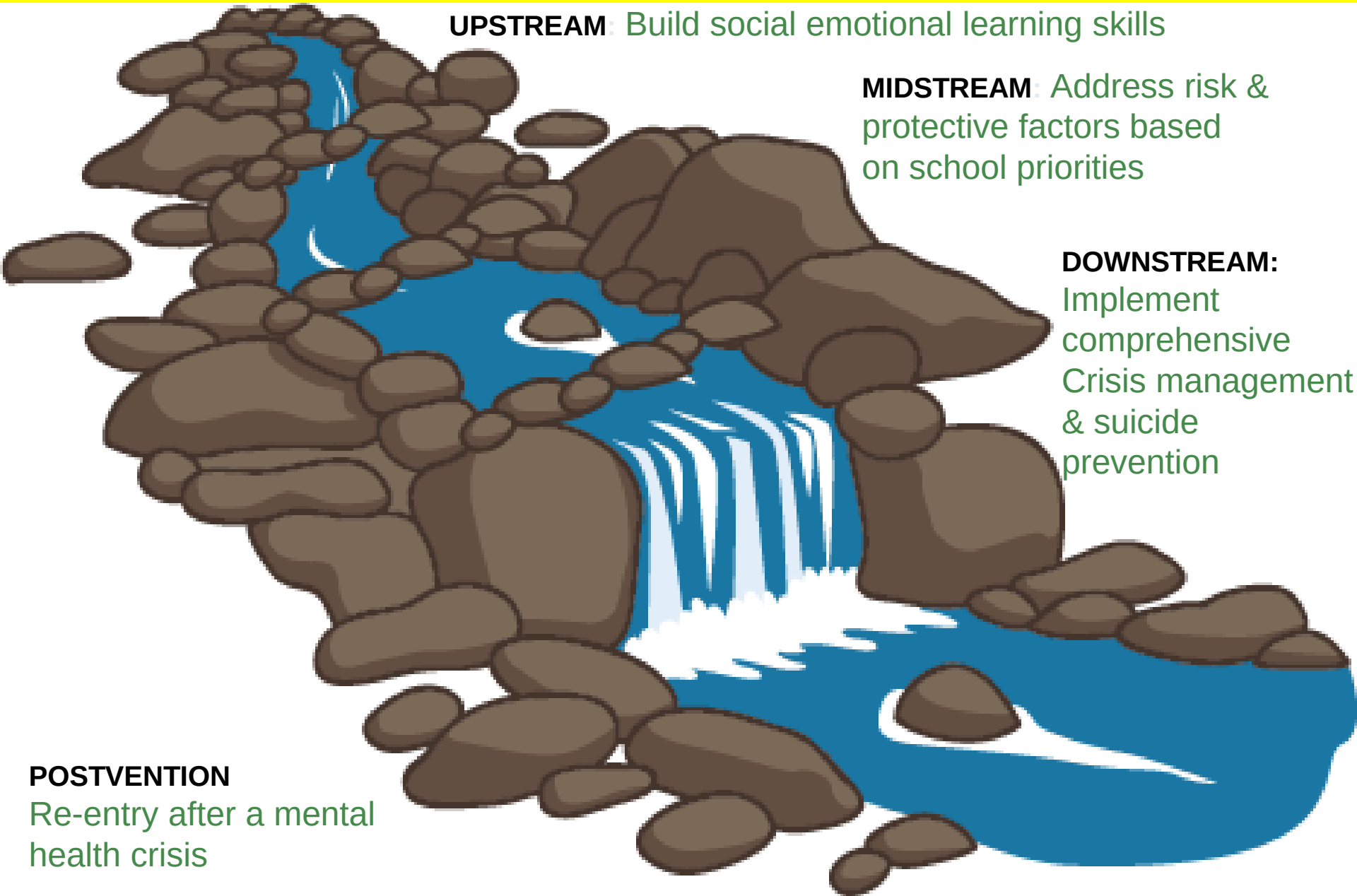
Proactive Approach to Mental Wellness

UPSTREAM: Build social emotional learning skills

MIDSTREAM: Address risk & protective factors based on school priorities

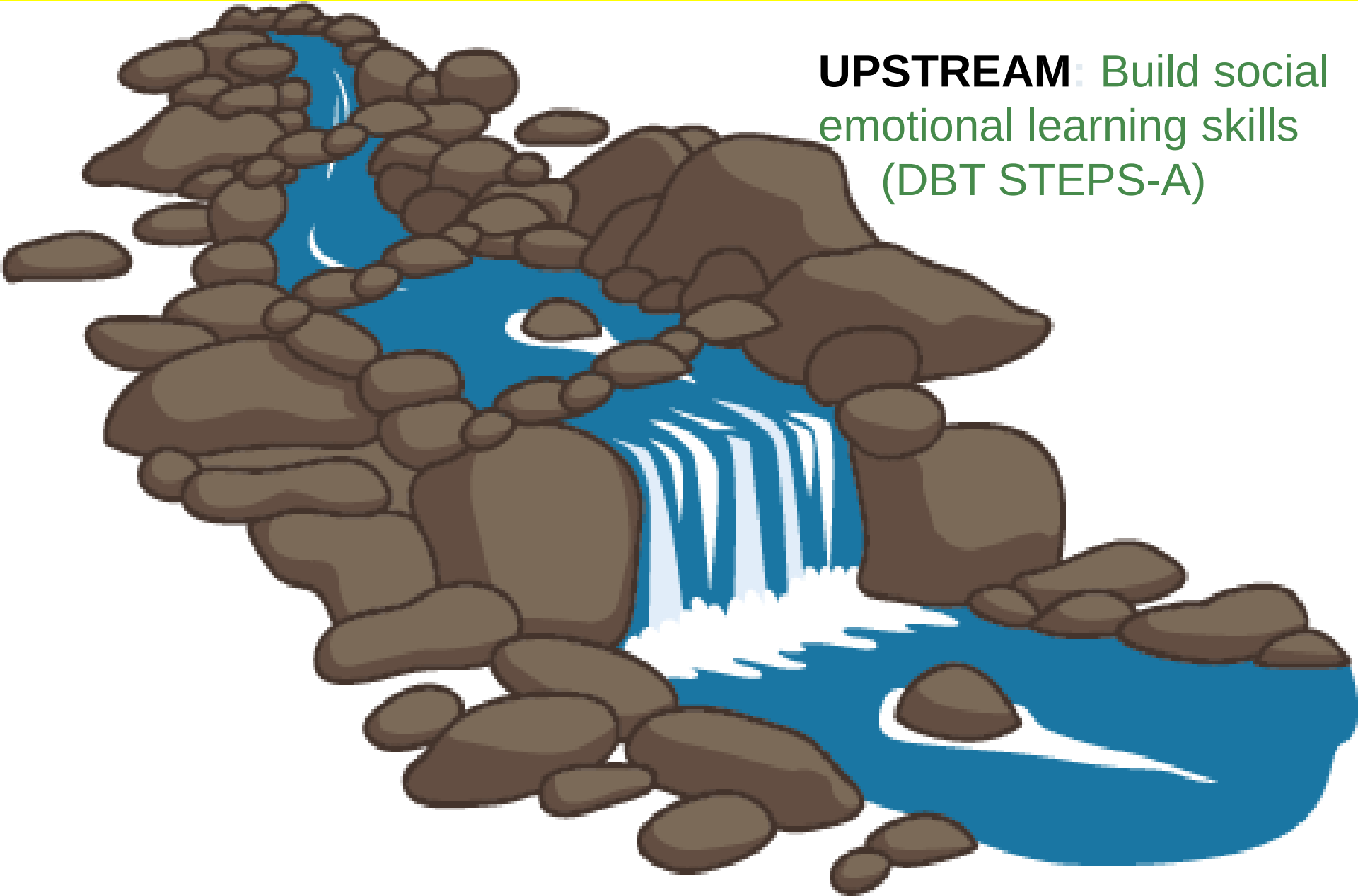
DOWNSTREAM:
Implement comprehensive
Crisis management
& suicide
prevention

POSTVENTION
Re-entry after a mental
health crisis



Proactive Approach to Mental Wellness

UPSTREAM: Build social
emotional learning skills
(DBT STEPS-A)



Acceptance vs. Change

Acceptance
Validation

Change
Problem-Solving

Mindfulness Skills
Distress Tolerance
Skills

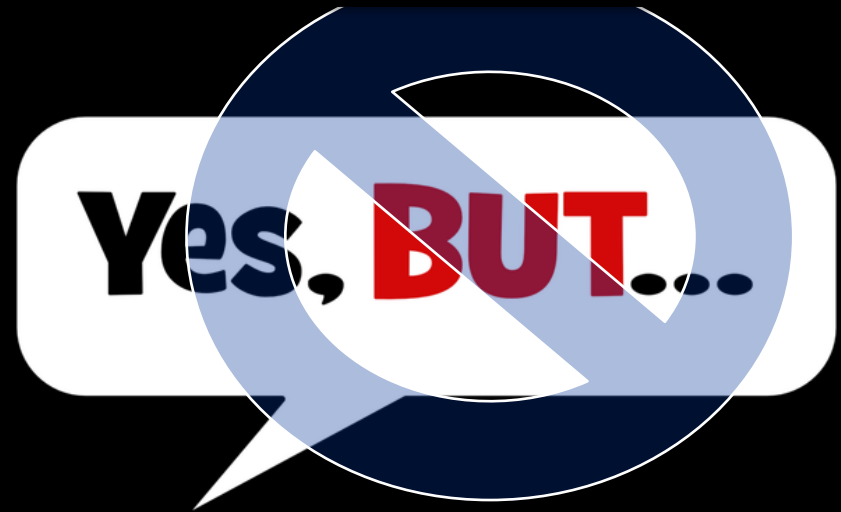
Emotion Regulation
Skills
Interpersonal
Effectiveness Skills

Dialectic or
Balance of Life

MANAGING DISTRESS THROUGH EMOTIONAL PROBLEM SOLVING

Dialectical
Thinking:
Replace
“But” with
“And”

Laying the foundation
for multiple
perspectives and
validation of self &
others.



Acceptance vs. Change

**Acceptance
Validation**

**Change
Problem-Solving**

Acceptance Skills
1. ****Wise Mind**
2. **ACCEPTS**
3. **TIP**

**Emotion Regulation
Skills**
**Interpersonal
Effectiveness Skills**

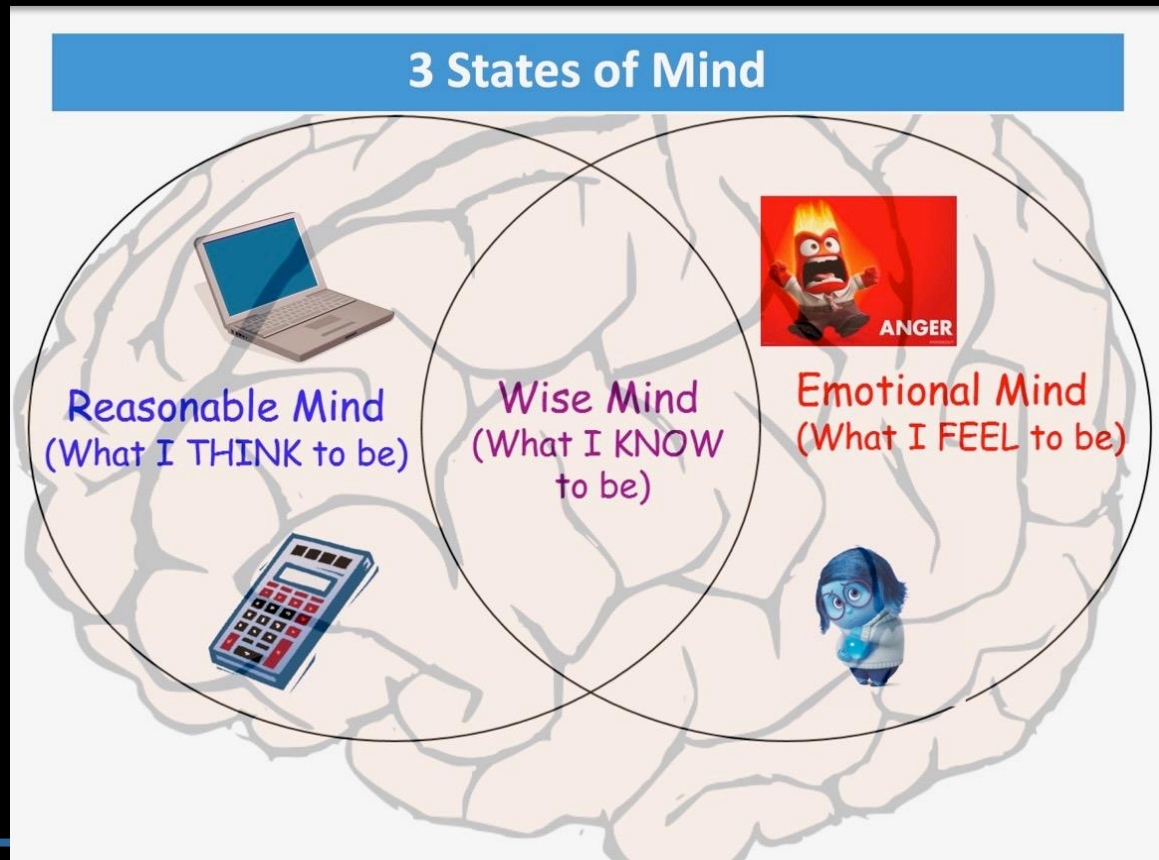
**Dialectic or
Balance of Life**

MANAGING DISTRESS THROUGH EMOTIONAL PROBLEM SOLVING

Mindfulness:
Recognize
when your
emotions are
running the
show

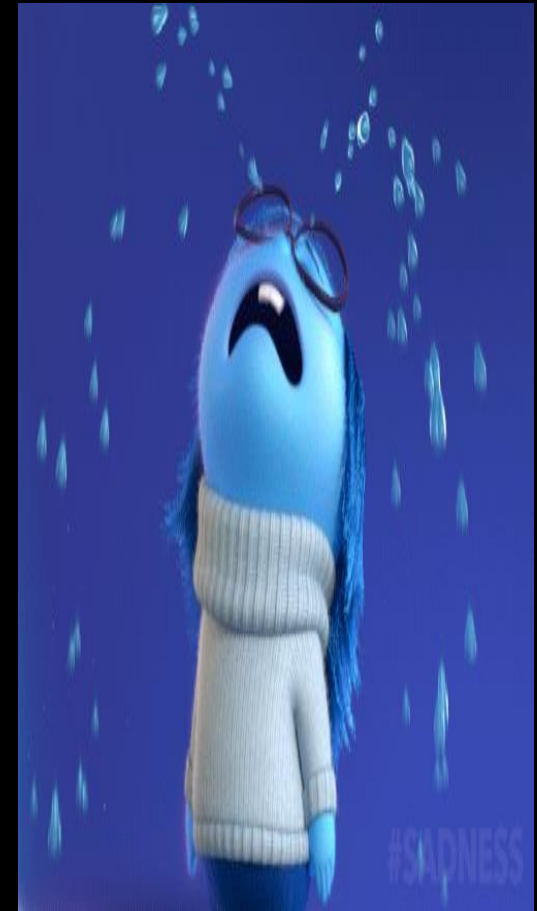
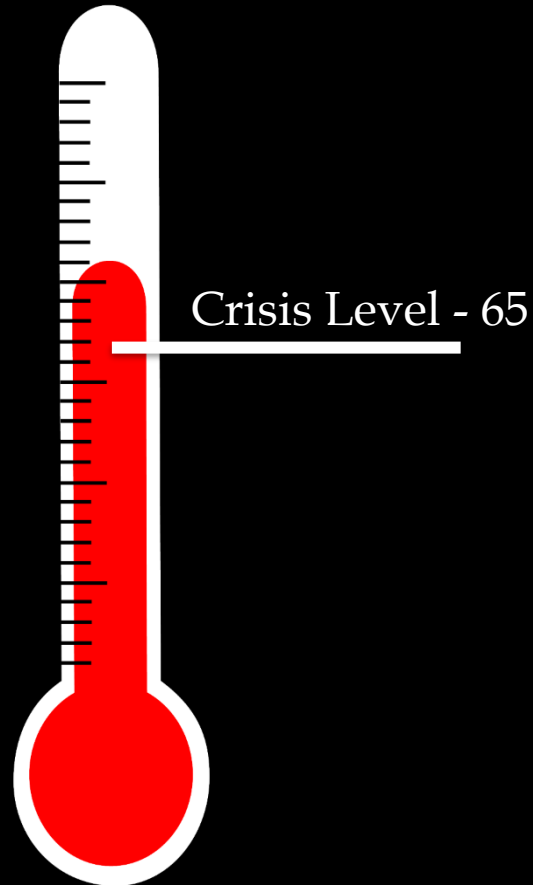
How Skills

- Do one thing in the moment
- Be nonjudgmental
- Be effective: is this what you want now or what you want most?



What is our body telling us?

I am in a crisis!!



Emotions Thermometer

Distress Tolerance: Distract with Wise Mind ACCEPTS

Pg. 388

Distract yourself with . . .

Activities

Do something. Call, email, or visit a friend; watch a favorite movie or TV show; play video games; write in a journal; clean your room; go for a walk or run; exercise intensely; read a book; listen to music, go online and download music or apps; play a game with yourself or others.



Contributing

Contribute to (or do something nice) for someone. Help a friend or sibling with homework; make something nice for someone else; give away things you don't need; surprise someone with a big hug, a note, or a favor; volunteer.

Comparisons

Compare yourself to those less fortunate. Compare how you are feeling now to a time when you were doing worse. Think about others who are coping the same as or less well than you.

Emotions

Create different emotions. Watch a funny TV show or emotional movie; listen to something soothing or to upbeat music; get active when you are sad; go to a store and read funny greeting cards or joke books.

Pushing away

Push the painful situation out of your mind temporarily. Leave the situation mentally by moving your attention and thoughts away; build an imaginary wall between you and the situation; put the pain in a box and on a shelf for a while.

Thoughts

Replace your thoughts. Read; do word or number puzzles; count numbers, colors in a poster, tiles on a wall, or anything else; repeat words to a song in your mind.

Sensations

Intensify other sensations. Hold or chew ice; listen to loud music; take a warm or cold shower; squeeze a stress ball; do sit-ups or push-ups; pet your dog or cat.

MANAGING DISTRESS THROUGH EMOTIONAL PROBLEM SOLVING

In a Crisis
and your
emotion
thermometer
is above 65,
TIP your
body

Temperature

- Cold
- Wet
- Face
- Bent over
- Hold Breath



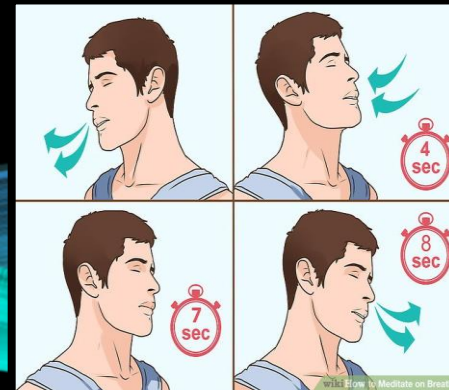
Intense Exercise

- 20 minutes
- Stop



Paced Breathing

- Exhale longer than inhale
- Parasympathetic NS



Why Bother Accepting Reality?

Handout 10.2
Page 402

1. Rejecting reality doesn't change it
2. Changing reality requires first accepting reality
3. Rejecting reality turns pain into suffering
4. Refusing to accept reality can get you stuck in anger, unhappiness, and shame

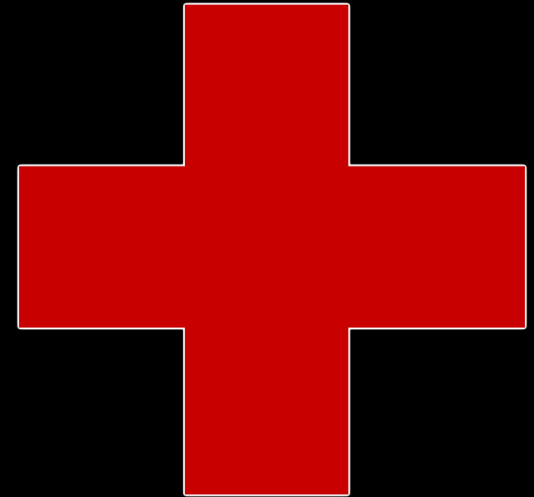


Why Bother Using Radical Acceptance?

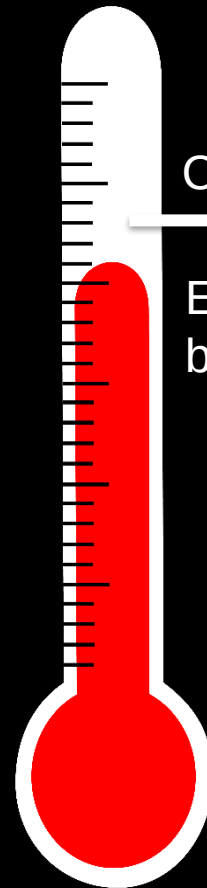
Pain is inevitable

Suffering is optional

-pouring gas on the
emotional fire



What if it's not a crisis?



Crisis Level - 65

Emotion rating
below crisis level



Emotions Thermometer

Acceptance vs. Change

**Acceptance
Validation**

**Change
Problem-Solving**

Acceptance Skills

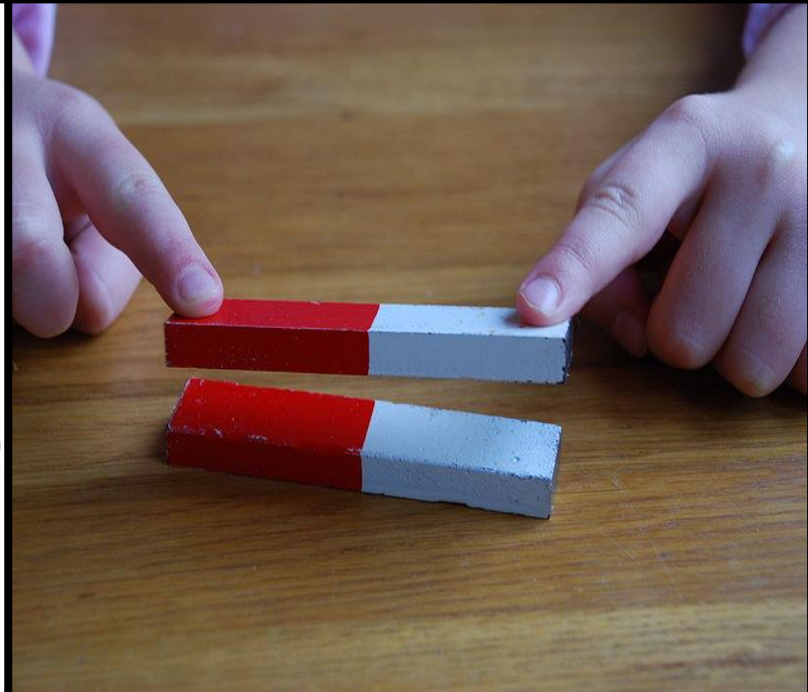
Change Skills

1. Check the facts
2. Opposite action
3. Wave skill

**Dialectic or
Balance of Life**

Emotion Regulation Skills

- ▣ Check the facts & Opposite Action
 - Does the emotion fit the facts?

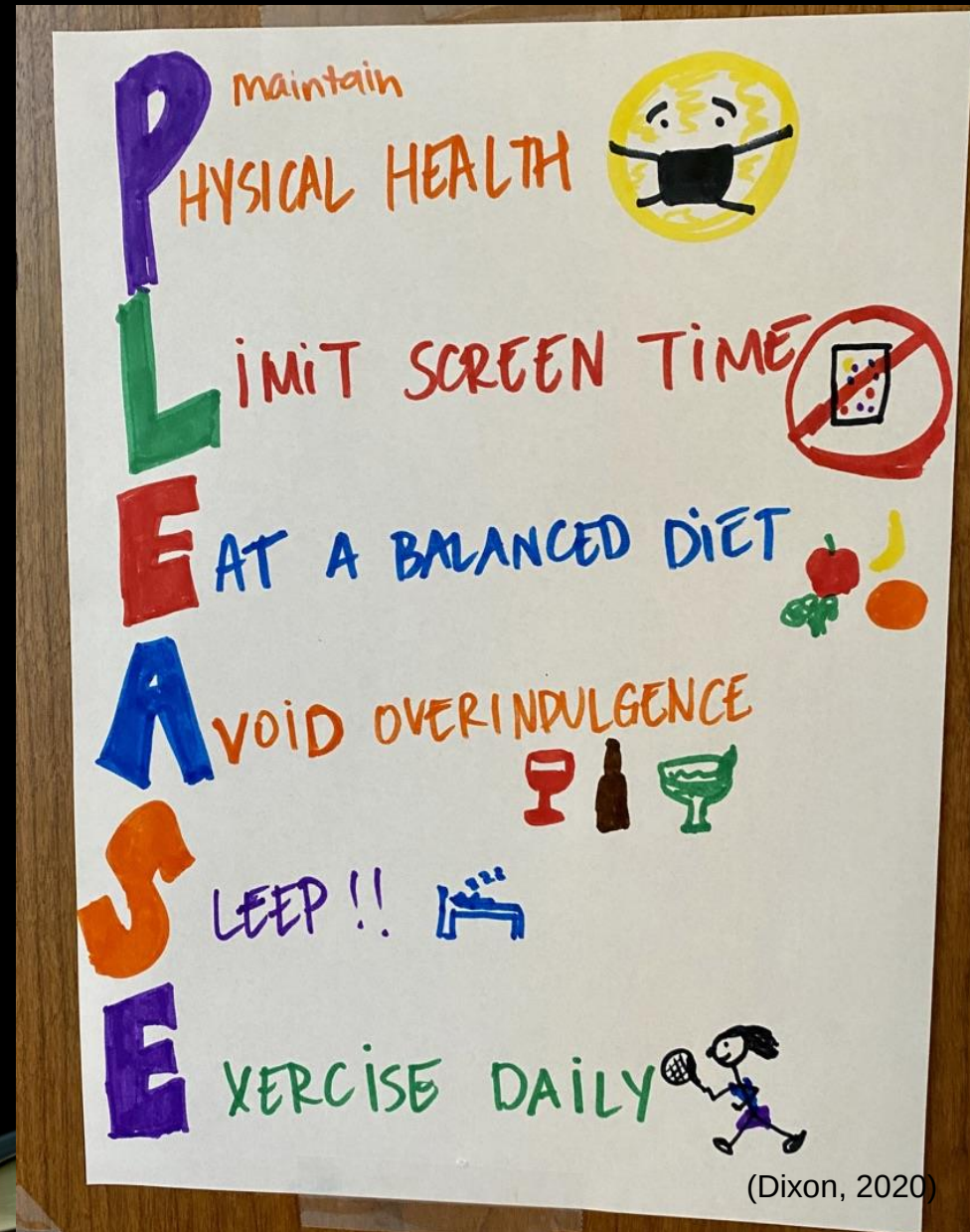


Emotion Regulation Skills

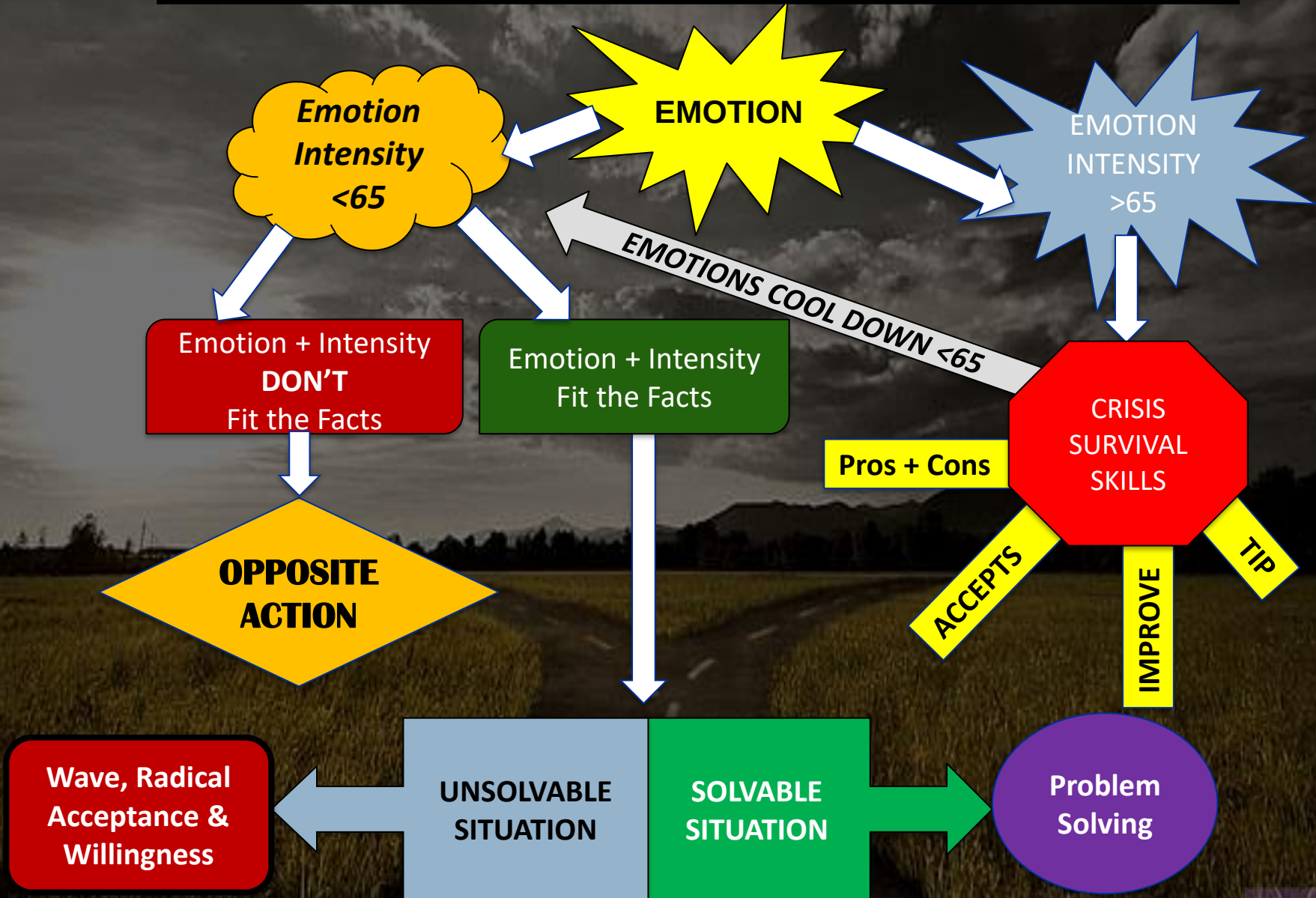
WAVE SKILL
(Mindfulness of current emotion)



Decrease
vulnerability
to emotions
by taking
care of your
body



EMOTION RESPONSE ROAD MAP



TAKING CARE OF YOURSELF SO YOU CAN HELP OTHERS

1. The balance between acceptance and changes continues throughout your lifetime.
2. Pain is inevitable – suffering is optional
3. Use acceptance skills (distress tolerance) when the emotions are driving the bus (decision-making) – i.e., self-deprecating behavior and self-harm.
4. Use change skills to alter how you feel or provide a different way to perceive the situation
5. Finally – try not to avoid life or stressors – learn to skillfully manage them

Validation

Problem-Solving

Acceptance
Skills

Change
Skills

Dialectic or
Balance of Life

