Welcome

# Toolbox: Webisode Six

## Distress Tolerance: Self-Soothe & IMPROVE

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# WHAT WE DO

Youth Eastside Services (YES) is the leading behavioral health service provider for children and youth, ages birth to 22, and their families in East King County.

## MISSION

Youth Eastside Services (YES) is a lifeline for kids and families coping with challenges such as emotional distress, substance abuse and violence. Through intervention, outreach and prevention, YES builds confidence and personal responsibility, strengthens family relationships, and advocates for a safer community that cares for its youth.

# SERVICES

YOUTH & FAMILY
MENTAL HEALTH COUNSELING

SUBSTANCE USE & CO-OCCURRING
DISORDER COUNSELING

COMMUNITY EDUCATION &
PREVENTION PROGRAMS

# REACH OUT TO US

## CURRENTLY OFFERING VIRTUAL SERVICES

youtheastsideservices.org/virtual-services

## CALL US TO INQUIRE ABOUT SERVICES

425-747-4937

## JOIN US ON SOCIAL MEDIA

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# REACH OUT TO SOMEONE ELSE

**KING COUNTY CRISIS LINE (24/7)**

1-866-427-4747 or 206-461-3222

**TEEN LINK (6-10pm nightly)**

1-866-TEENLINK or 1-866-833-6546 or teenlink.org

**CRISIS TEXT LINE (24/7)**

Text HOME to 741741

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## DELANEY KNOTTNERUS

School Based Behavioral
Health Coordinator
LSWAIC, SUDP, MHP

## CAILYN GRIFFITH

Behavioral Health Support
Specialist
LMHCA, SUDPT, MHP

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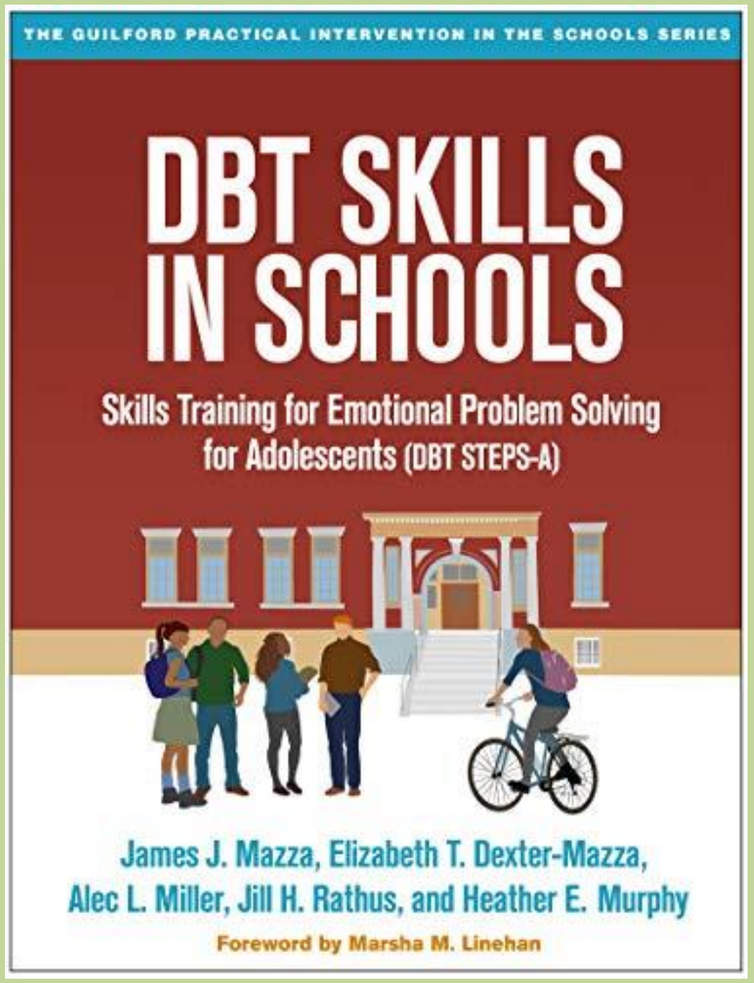
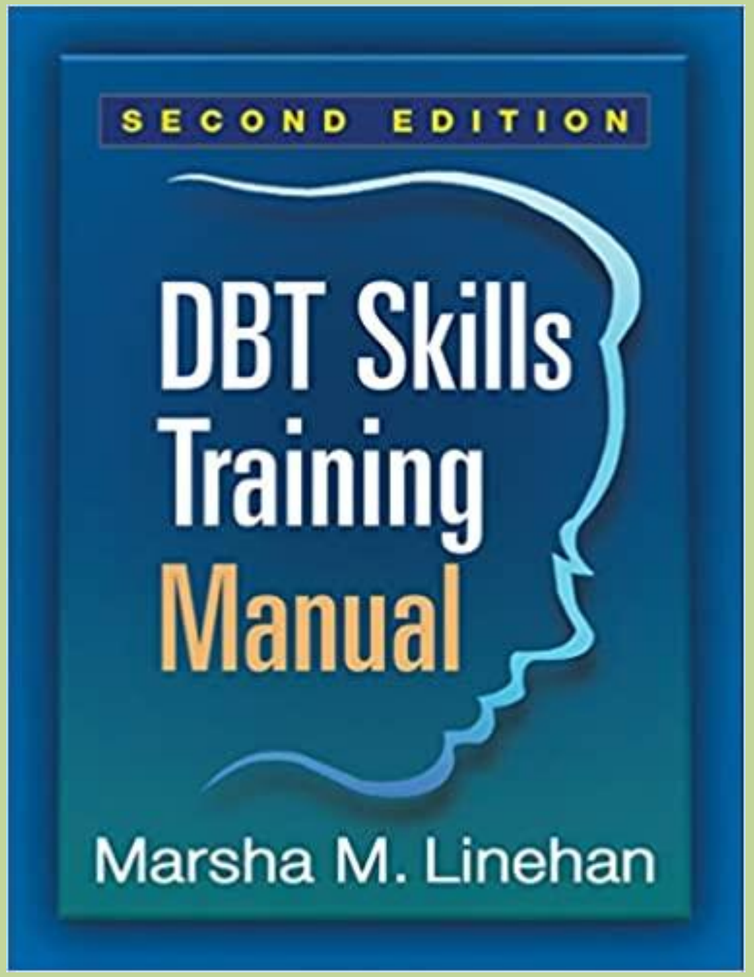
# The Materials

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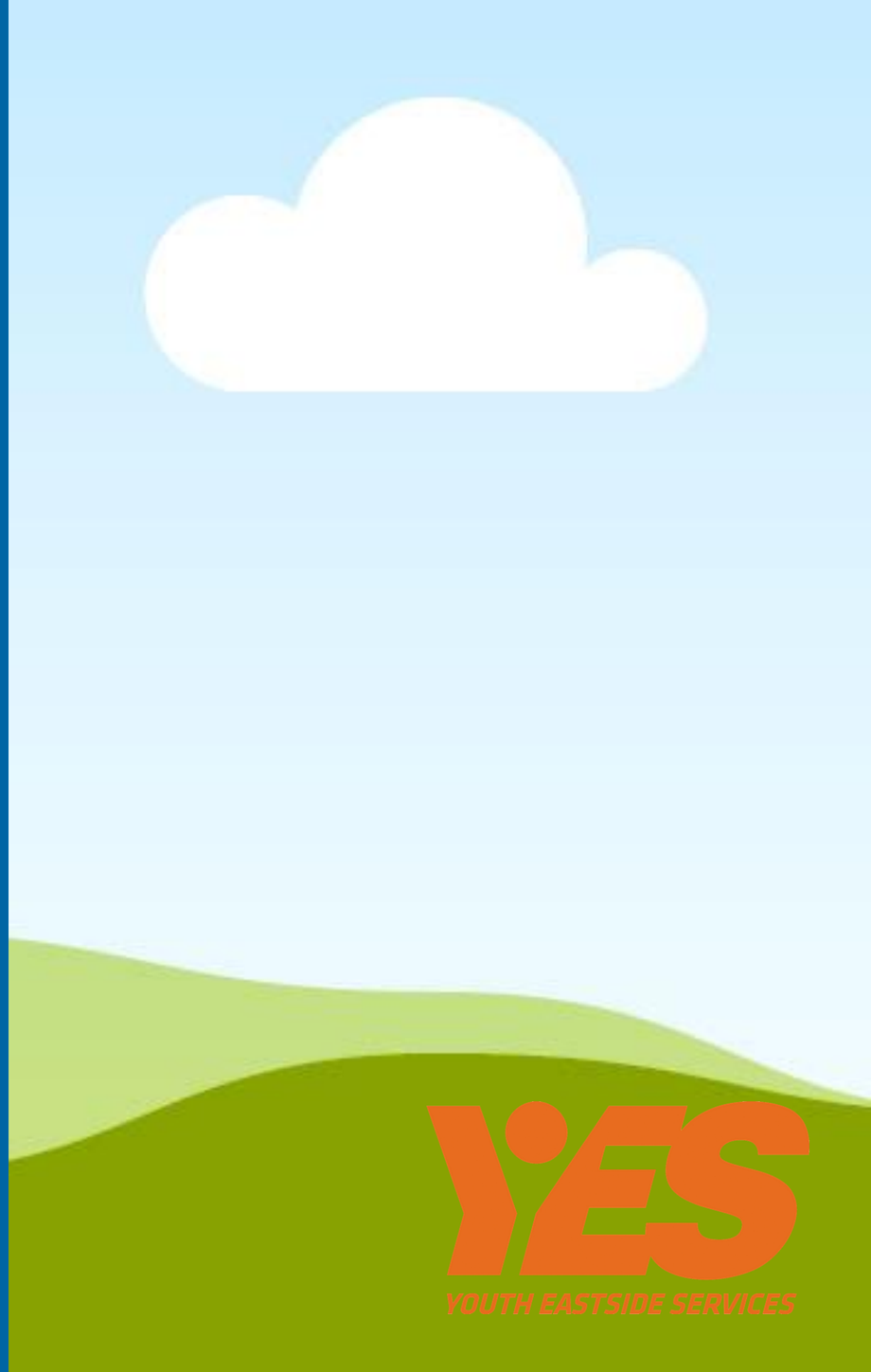
# Today's Agenda

- Mindfulness
- Review Distress Tolerance
- Self-Soothe
- IMPROVE
- At Home Practice
- Q&A

**Week 6 of 16 Week Series**
**May 20th 2021**



# Your Toolbox:

## Mindfulness

- Thinking Dialectically
- Wise Mind
- Observe
- Describe
- Participate
- Nonjudgmentally
- One-Mindfully
- Effectively

## Distress Tolerance

- ACCEPTS
- TIPP
- ★ **Self-Soothe**
- ★ **IMPROVE**

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# Mindfulness

Let's Practice

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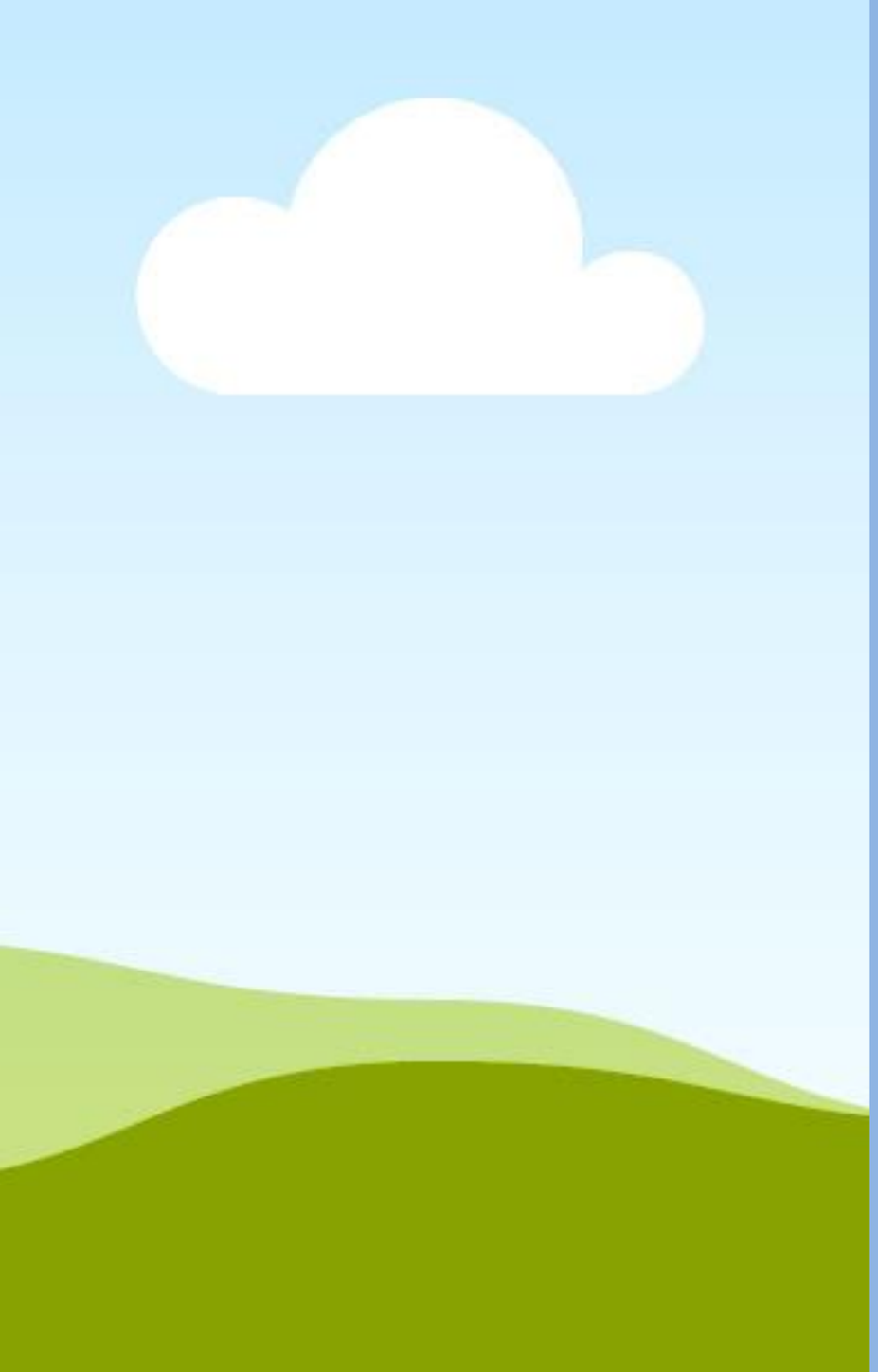

# Distress Tolerance

- Learning to bear pain skillfully
- Learning to tolerate urges to act from emotion mind
- Used to get through a bad situation without making it worse

**Pain is a natural and necessary part of life, and DISTRESS TOLERANCE helps us bear these times**

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# Two types of Distress Tolerance Skills:

**Crisis Survival Skills**
- get through a short-term crisis without making it worse

**Reality Acceptance Skills**
- meant for long-term distressing situations where you can't change or fix anything

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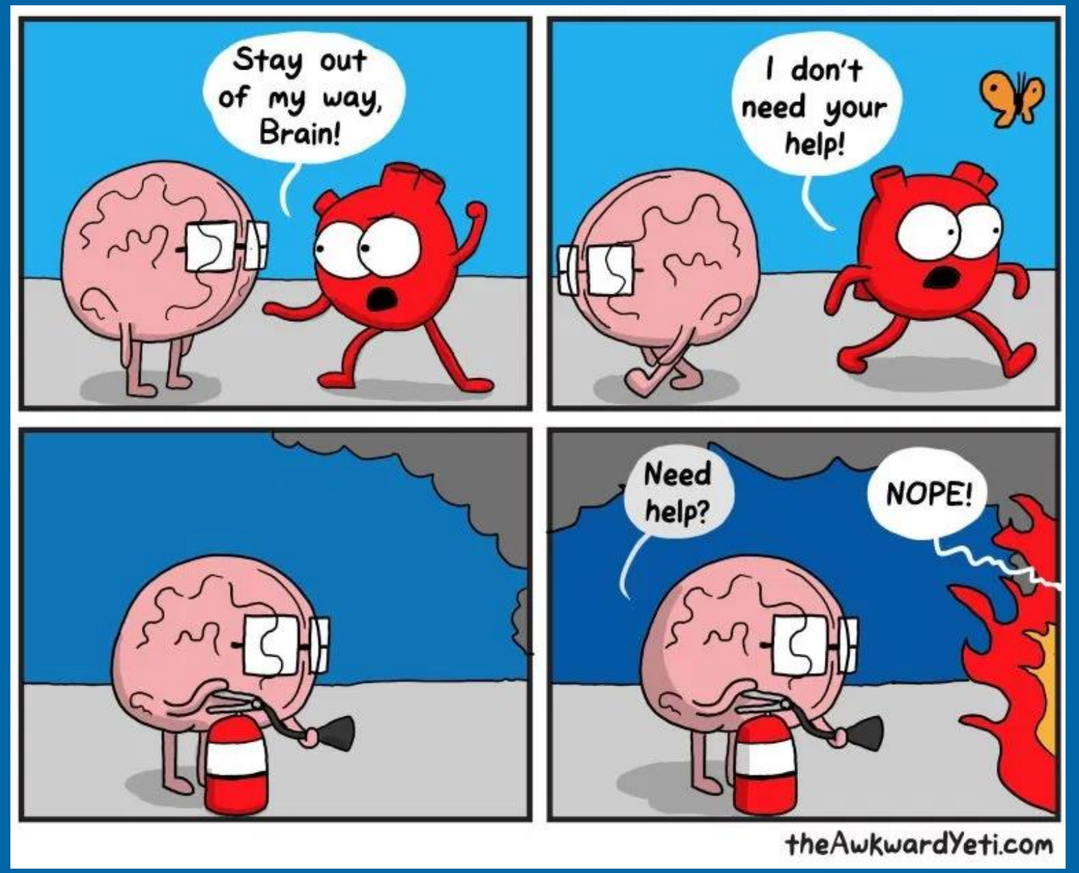
# Crisis Survival Skills

How do I know I'm in crisis??

- Highly stressful!
- Short term (won't last)
- Feel pressure to resolve this crisis RIGHT NOW!

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# Use these skills when...

1. *You have intense pain that cannot be helped quickly*
2. *You want to act on your emotions, but it will only make things worse*
3. *Emotion mind threatens to overwhelm you, and you need to stay skillful*
4. *You are overwhelmed, yet demands must be met*
5. *Your arousal is extreme, but your problems can't be solved immediately*

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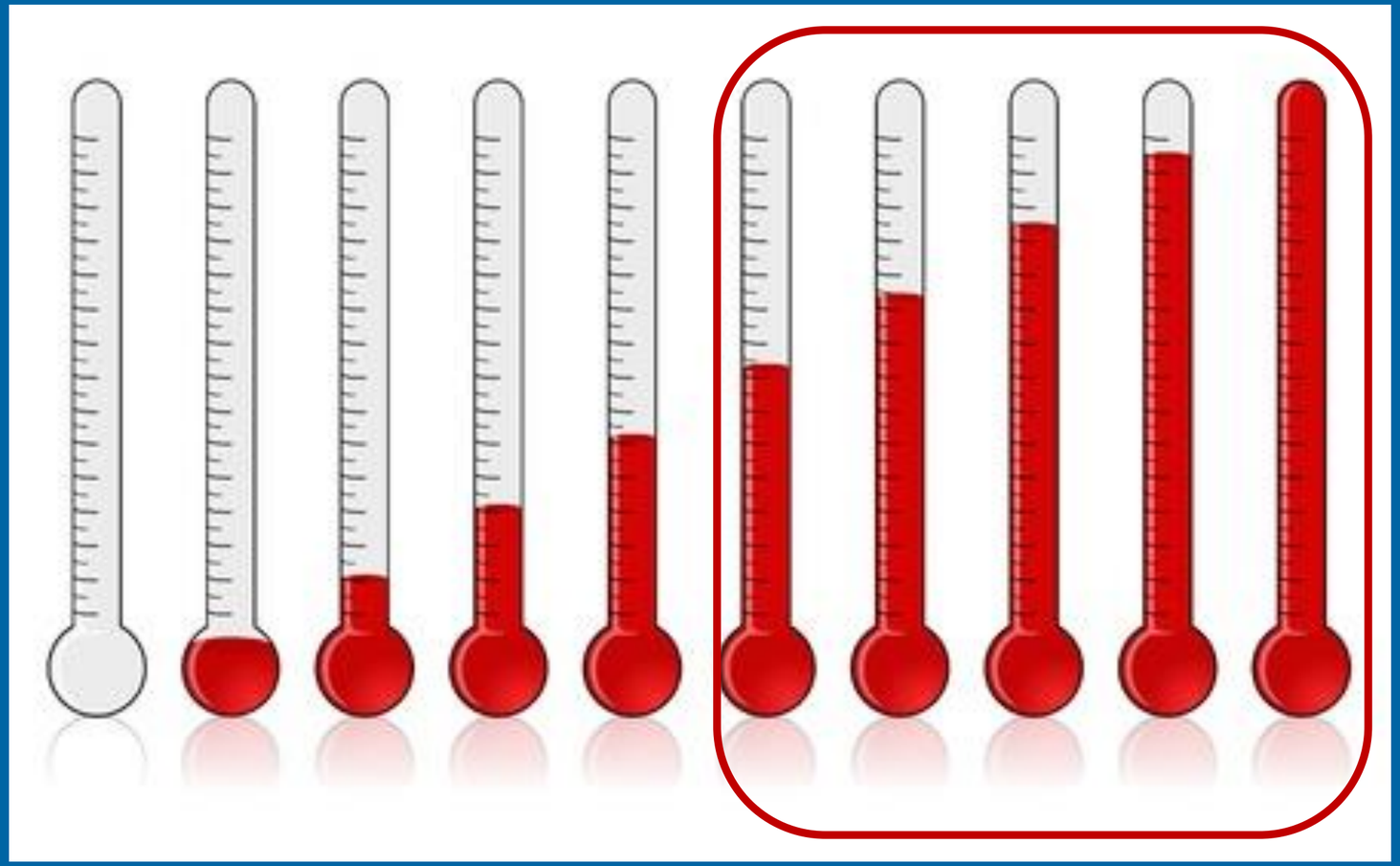
**0** means we are practically sleeping...



**100** means we are the most distressed we have ever been or could imagine being!

Our emotional thermometer can be seen as a scale from 0 to 100. You need crisis survival skills when a situation is intense, so around 65 or higher.

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# Take Care of Yourself with SELF-SOOTHE

**Vision**
**Smell**
**Touch**
**Hearing**
**Taste**
**Movement**

**If you notice JUDGEMENTS that tell you don't deserve soothing or haven't earned it – acknowledge the thoughts and LET THEM GO! These judgements are just thoughts!**

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| | |
|---|---|
| **Vision** | Go to your favorite place and take in the sights, look at a photo album, notice colors in a sunset |
| **Hearing** | Play your favorite music, pay attention to nature sounds (rain, birds chirping), play an instrument |
| **Smell** | Put on your favorite lotion, light a scented candle, make cookies or other comfort food |

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| | |
|---|---|
| **Taste** | Eat your favorite food or drink, treat yourself to a dessert reward, mindfully eat |
| **Touch** | Take a long bath or shower, cuddle with your pet, get a massage, brush your hair, put on PJs |
| **Movement** | Go for a run, do yoga or pilates, exercise, rock yourself gently, dance, superman pose |

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# IMPROVE the Moment

## Replace immediate Negative events with more Positive ones

**I**magery
**M**eaning
**P**rayer
**R**elaxation
**O**ne thing in the Moment
**V**acation
**E**ncouragement

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**Imagery** Imagine a safe space you can immediately go to; or picture yourself using skills. Mentally rehearse this in non-crisis moments

**Meaning** Find or create meaning, the silver lining, "when life give you lemons, make lemonade"

**Prayer** Ask for the strength and wisdom to tolerate the pain of the moment, rather than wishing the pain away

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**Relaxation** Find an activity that will relax you – take a nap, sit in the bath, do a crossword

**One Thing** Thinking back to our weeks on mindfulness – throw yourself entirely into One Thing in the Moment

**Vacation** Take breaks! Plan a start AND end time, use your break time effectively

**Encouragement** Talk to yourself the way you would Someone you really care about!

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# At Home Practice:

1. Write down ideas for practicing at least two specific IMPROVE skills during the week when you feel upset (e.g. Encouragement and Vacation)
2. Briefly describe the stressful situation you were in when you chose to practice your skills:
3. Did using the skills help you to (1) cope with uncomfortable feelings and urges and/or (2) avoid conflict of any kind?
    1. If Yes, describe how it helped
    2. If no, please describe why you believe it did not help

# Bro, do you even track (your emotions)?

How are we doing with tracking your moods and the skills you use throughout the week?

This will give you a better idea of what your go to skills are and help remind you to practice other skills!

There are also lots of helpful apps!

Or create a notes page on your phone or in a journal!

*Survival & Acceptance*

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| MON | TUE | WED | THUR | FRI | SAT | SUN | 23. STOP (Stop, Take a step back, Observe, Proceed mindfully) |
| MON | TUE | WED | THUR | FRI | SAT | SUN | 24. TIP (Temperature, ice or heat/Intense exercise/Progressive relax) |
| MON | TUE | WED | THUR | FRI | SAT | SUN | 25. Pros and Cons |
| MON | TUE | WED | THUR | FRI | SAT | SUN | 26. Distract / Self-soothe / Improve the moment |
| MON | TUE | WED | THUR | FRI | SAT | SUN | 27. Radical Acceptance |
| MON | TUE | WED | THUR | FRI | SAT | SUN | 28. Willingness |
| MON | TUE | WED | THUR | FRI | SAT | SUN | 29. Mindfulness of current thoughts |
| MON | TUE | WED | THUR | FRI | SAT | SUN | 30. Half-smiling |
| MON | TUE | WED | THUR | FRI | SAT | SUN | 31. Willing hands |

# Questions?
# Comments?

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# thank you

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