Welcome

Toolbox: Webisode Eleven

Emotion Regulation: ABC PLEASE
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 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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The Materials
Today's Agenda

- Mindfulness
- Emotion Regulation
- ABC
- PLEASE
- At Home Practice
- Q&A

Week 11 of 16 Week Series
June 24th 2021
Your Toolbox:

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

**Distress Tolerance**
- ACCEPTS
- TIPP
- Self-Soothe
- IMPROVE
- Pros & Cons
- Radical Acceptance

**Emotional Regulation**
- Functions of Emotions
- Describing Emotions
- Check the Facts
- Opposite Action
- ABC
- PLEASE
Mindfulness

Let's Practice
Emotion Regulation Goals

1) Understand the Emotions We Experience
2) Decrease Unwanted Emotions
3) Decrease Emotional Vulnerability
4) Decrease Emotional Suffering
DBT's Model of Emotions:

1. Prompting Event 1
2. Vulnerability Factors
3. Thoughts about the Event
4. Inside the Body
   - Body Changes
   - Emotion Name
5. Outside the Body
   - Expression (Face/Body)
   - Actions, Behaviors
6. Consequences of Actions
7. Prompting Event 2

Diagram illustrates the flow from vulnerability factors to inside and outside the body, with connections to thoughts, body changes, and actions.
All people are prone to emotional reactivity when they are under physical or environmental stress. By learning to increase positive feelings and emotions (pride, joy, self-confidence), we can become less vulnerable to more negative emotions.
Accumulating Positive Experiences
Accumulating Positive Experiences

In the short term:
• Do pleasant things that are possible right now
• Focus your attention on positive events as they are happening
• Refocus your mind when your attention turns to the negatives
• Don't destroy positive experiences by thinking about when they will end
• Don't listen to the judgement that you may not 'deserve' the positive event

In the long term:
• Make changes in your life so positive events can occur more often
• Build a Life-Worth-Living
• Identify a goal, list small steps on the way to this goal, and take the first one!
• Repair old and create new relationships!
Just like how we want to pay attention to what kinds of events and situations cue negative feelings....

We should also pay attention to what kinds of events and activities lead to positive feelings!
Pleasant Activities Brainstorm

- Soaking in the bathtub
- Thinking about holidays
- Going out with friends
- Watch a Movie
- Go for a run
- Listen to music
- Lying in the sun
- Reading
- Saving/Spending money
- Planning future trips
- Dancing
- Cleaning
- Having a quiet night
- Cooking your favorite food
- Taking Care of your Pets
- Going swimming
- Writing
- Drawing/Doodling
- Playing sports
- Going to a party
- Talking with friends
- Working out
- Singing
- Roller skating
- Going to the beach
- Play an instrument
- Travel
- Make a gift for someone
- Get a new game/app
- Watching TV
- Going out to dinner
- Baking
- Planning a Party
- Buying new clothes
- Getting a haircut
- Enjoying a cup of coffee
- Hearing live music
- Getting a mani/pedi
- Family time
- Biking
- Sledding
- Get a massage
- Journaling
- Look at memes
- Dressing up
- Play video games
- Bird watching
- Surfing the internet
- Surprising someone
- Play ping-pong
- Garden
- Making a smoothie
- Putting on your favorite outfit
- Play a game
- Making a card for someone
- Call a crisis line
- Mindfulness

Add some of your own!
Choose Pleasant Activities that will be *Meaningful*

- Achieving something
- Having fun
- Focusing on Family
- Contributing
- Being part of a group
- Building character
- Being Responsible
- Being a leader
- Be healthy
- Learn
- Strive for moderation

Your values inform your activities
Accumulating Positive Experiences

Building Mastery
Building Mastery - It is important to do things that build an internal sense of:

CONFIDENCE

CONTROL

COMPETENCE

Experiencing your own confidence, control, and competence will help you feel prepared for difficult emotional situations AND decrease the likelihood of experiencing negative emotions.
Two types of Mastery Activities

1. Activities you may not enjoy while you are doing them, however once accomplished – you feel better

For Example:

- Cleaning your room
- Folding the laundry
- Writing a paper
- Athletic Team Practices
- Going to the Gym
- Organizing a school activity
- Cooking a meal
Two types of Mastery Activities

2. Activities that leave you feeling effective and in control, building your confidence

For Example:

• Practicing an instrument
• Lifting weights
• Finishing a big project
• Cooking a meal
• Organizing your closet
• Going to Therapy
• Playing a video game
Mastery does not have to be a large event or reaching a huge goal. Mastery also does not have to be school or work related. You can feel a sense of mastery from putting together a great outfit, doing your makeup, solving a puzzle, or getting to a next level in a game. These things may be difficult, AND they also give you a sense of accomplishment.
Accumulating Positive Experiences
Building Mastery
Coping Ahead
**Coping Ahead** = coping, *ahead of time*, for an upcoming situation that you feel is likely to cue or prompt unpleasant emotions.

Planning coping in advance helps with coping effectively, because sometimes emotions are so high we forget our skills!
Athletes practice for a game or an event just the same way you want to practice for a stressful situation. If athletes are unable to get out to practice physically, they practice in their heads, with mental or imaginal rehearsing. It has even been found that in some cases, athletes who practiced in their heads by using imagery performed just as well as those athletes who got out and physically practiced. Imagining an activity affects many of the same brain regions as actually engaging in the activity does.

The key is not only to practice the situation going really well, but, more important, to imagine the situation not going well and then rehearse how you will skillfully respond to it. It is like preparing for the best-case AND worst-case scenarios, so that you are ready for anything that occurs.
Examples of Events to Cope Ahead for:

- A big test
- An important presentation
- Licensure exams
- A job interview
- The first/last day of school
- The first day of a new job
- Going to the airport
- Going to a new party where there will be many people you don't already know...

....what else?
Take Care of your Body to Take Care of your Mind

If you think you might have been exposed to a virus, you might take supplements like Vitamin C or zinc:

This is how PLEASE skills are used: They are emotional vitamins and minerals. Taking care of your body makes you less vulnerable to negative emotions.
Accumulating Positive Experiences
Building Mastery
Coping Ahead

Treat Physical Illness

See your Doctor
Take your prescribed medication(s)
Accumulating Positive Experiences
Building Mastery
Coping Ahead
Treat Physical Illness
Balance Eating

Notice how what you eat impacts your emotions
Eat when you’re hungry
Pay attention to when your body is full
Food and Your Mood

1. Observe how certain foods affect your mood (both negatively and positively)

2. Notice whether you are eating too much or too little

3. Start thinking about changes you want to make

4. Start small! Dramatic changes likely won't last

5. Notice the effects of eating well on your mood
Accumulating Positive Experiences
Building Mastery
Coping Ahead
Treat Physical Illness
Balance Eating
Avoid Mood Altering Substances

Does it change your perception?
Does it change how you feel?
Does it change the way you respond?
Accumulating Positive Experiences
Building Mastery
Coping Ahead

Treat Physical Illness
Balance Eating
Avoid Mood Altering Substances
Balance Sleep

How do you prepare to sleep?
What's your sleep environment?
Which habits may be getting in the way of good sleep?
1. Stick to a Schedule
2. Establish a bedtime routine
3. Don't eat or drink a lot before bed
4. Avoid caffeine and nicotine
5. Exercise
6. Keep your room cool
7. Sleep primarily at night
8. Keep it dark and quiet, and no screens
9. Use your bed only for sleep
10. Take a hot shower or back before bed
11. Don't rely on sleeping pills
12. Don't catastrophize
Accumulating Positive Experiences
Building Mastery
Coping Ahead
Treat Physical Illness
Balance Eating
Avoid Mood Altering
Balance Sleep
Get Exercise

What helps you make it part of your day?
At Home Practice: Practicing ABC

A. EVERY DAY of the next week, engage in, or notice, one pleasant activity

B. List Two Ways you can practice building mastery this week

__________________________________
__________________________________

C. Identify anything coming up this week that you anticipate being stressful...& how you can cope ahead: ____________________

__________________________________
__________________________________

[Weekly Calendar Image]
At Home Practice: Practicing PLEASE

Check off two PLEASE skills to practice during the week:

___ Treat Physical illness
___ Balance Eating
___ Avoid mood-altering drugs
___ Balance Sleep
___ Get Exercise

Afterwards, DESCRIBE specifically what you did, AND how it made you feel!
Questions? Comments?
REACH OUT TO US

CURRENTLY OFFERING VIRTUAL SERVICES
youtheastideservices.org/virtual-services

CALL US TO INQUIRE ABOUT SERVICES
425-747-4937

JOIN US ON SOCIAL MEDIA

Facebook: YouthEastsideServices
Instagram: youth_eastside_services
LinkedIn: Youth Eastside Services
YouTube: Youth Eastside Services
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