Welcome

Toolbox: Webisode Twelve

Emotion Regulation: The Wave Skill

YES
YOUTH EASTSIDE SERVICES

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 NOT TAKING NEW CLIENTS

youtheastsideservices.org/virtual-services

CALL US TO INQUIRE ABOUT SERVICES

425-747-4937

JOIN US ON SOCIAL MEDIA

YouthEastsideServices

youth_eastside_services

Youth Eastside Services

Youth Eastside Services

YES
YOUTH EASTSIDE SERVICES

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

YES
YOUTH EASTSIDE SERVICES

DELANEY KNOTTNERUS

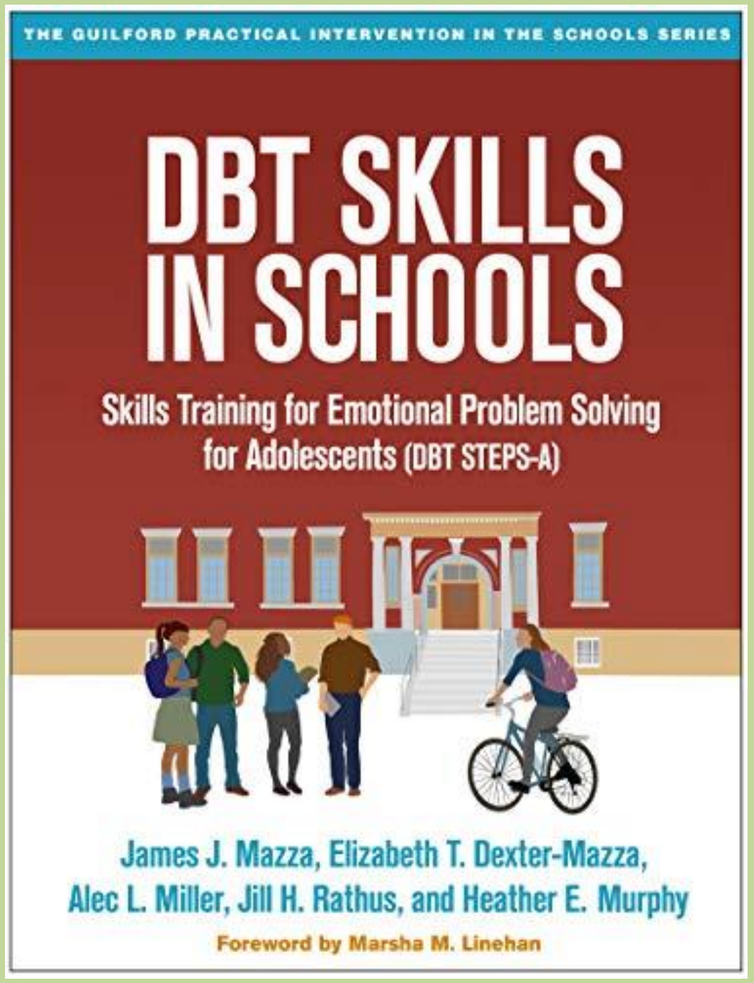
School Based Behavioral
Health Coordinator
LSWAIC, SUDP, MHP

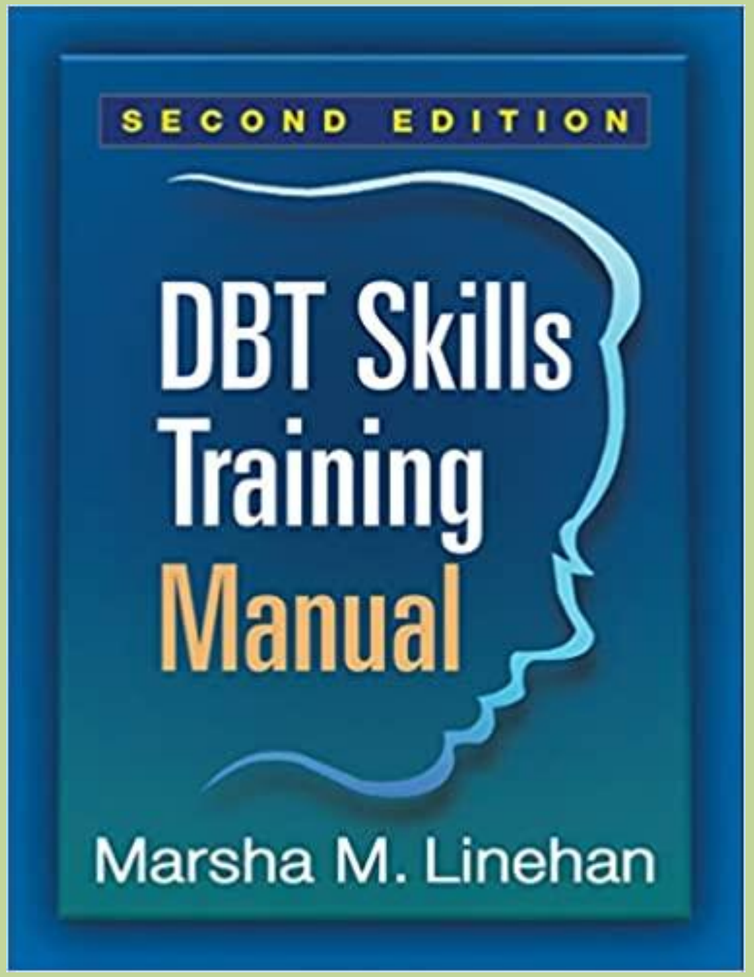
CAILYN GRIFFITH

Behavioral Health Support
Specialist
LMHCA, SUDPT, MHP

YES
YOUTH EASTSIDE SERVICES

The Materials





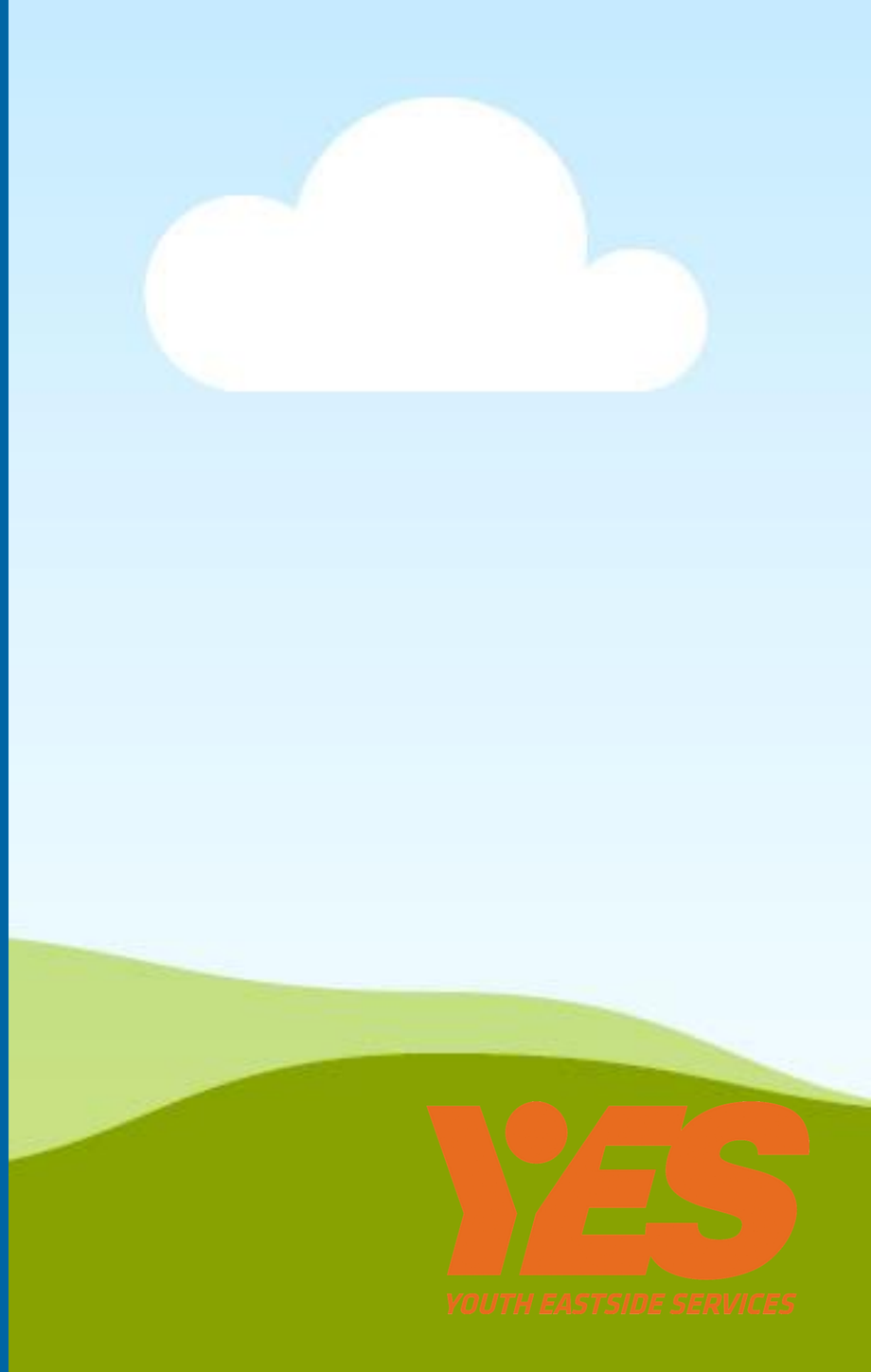
YES
YOUTH EASTSIDE SERVICES

Today's Agenda

- Mindfulness
- Review Past Skills
- The Wave Skill
- Review Model of Emotions
- At Home Practice
- Q&A

Week 12 of 16 Week Series

July 1st 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
- The Wave Skill

YOUTH EASTSIDE SERVICES

Mindfulness

Let's Practice

YOUTH EASTSIDE SERVICES

Recalling Distress Tolerance: ACCEPTS

We've already discussed the skill of using Distractions in Crisis Moments to manage painful emotions

.

.

.

The other side of this **dialectic** *is that it's not always effective to distract. What are occasions where we should be paying attention to our emotions and let ourselves feel them?*

YOUTH EASTSIDE SERVICES

For example: If you are about to take a test, and you have just found out that your partner is going to break up with you – this is a good time to practice distracting.

However, at the end of the day when you get home and nothing is time sensitive - it will be important to allow yourself to be sad, angry, embarrassed, or whatever else you may be experiencing.

YES
YOUTH EASTSIDE SERVICES

It's rather common that we may be told to push through or ignore what our emotions are telling us

(e.g.) "You don't have to feel anxious about _____"
(e.g.) "I know you're sad, but you still have to _____"

We learn we are very good at setting our feelings aside to accomplish "The Thing". AND what we *aren't* learning is that we are also perfectly capable of simply TOLERATING the emotion too!

YOUTH EASTSIDE SERVICES

Emotions can come back stronger when we avoid them...

Have you ever bought tickets at a window like this? Our immediate reaction is to talk louder, despite the microphone. The barrier makes us feel the need to escalate.

Your emotions can do this too, trying to get your attention, if you don't acknowledge them and put up a barrier.

YES
YOUTH EASTSIDE SERVICES

Think of your Emotions as Waves

They come and they go.

Only let the emotion flow.

It does not last forever.

YES
YOUTH EASTSIDE SERVICES

Riding the Emotion Wave

- *When you have an emotion, observe it*
- *Step back and just notice it*
- *Get unstuck*
- *Experience it as a WAVE, coming and going*
- *Don't try to GET RID of it or PUSH it away*
- *And don't try to HOLD ON to it*

YES
YOUTH EASTSIDE SERVICES

Recalling Mindfulness:

If we want to be Mindful of our Current Emotions – which of the Mindfulness Skills should we be using to be aware of our emotions?

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

While all of these may be helpful - In particular, practicing mindful Observing and Describing can help you gain some 'distance' from your emotions – and ultimately have an easier time with problem solving

YES
YOUTH EASTSIDE SERVICES

The Wave Skill:
Mindfulness of Current Emotions

We've discussed Mindfulness a lot already, and how when we think about Mindfulness of our thoughts, we are thinking of an observant, non-judgmental, accepting mindfulness. One that recognizes that emotions are simply emotions, without trying to dismiss or change them.

YOUTH EASTSIDE SERVICES

What is hard about tolerating emotions?

For many, the most uncomfortable part is the physical sensations:

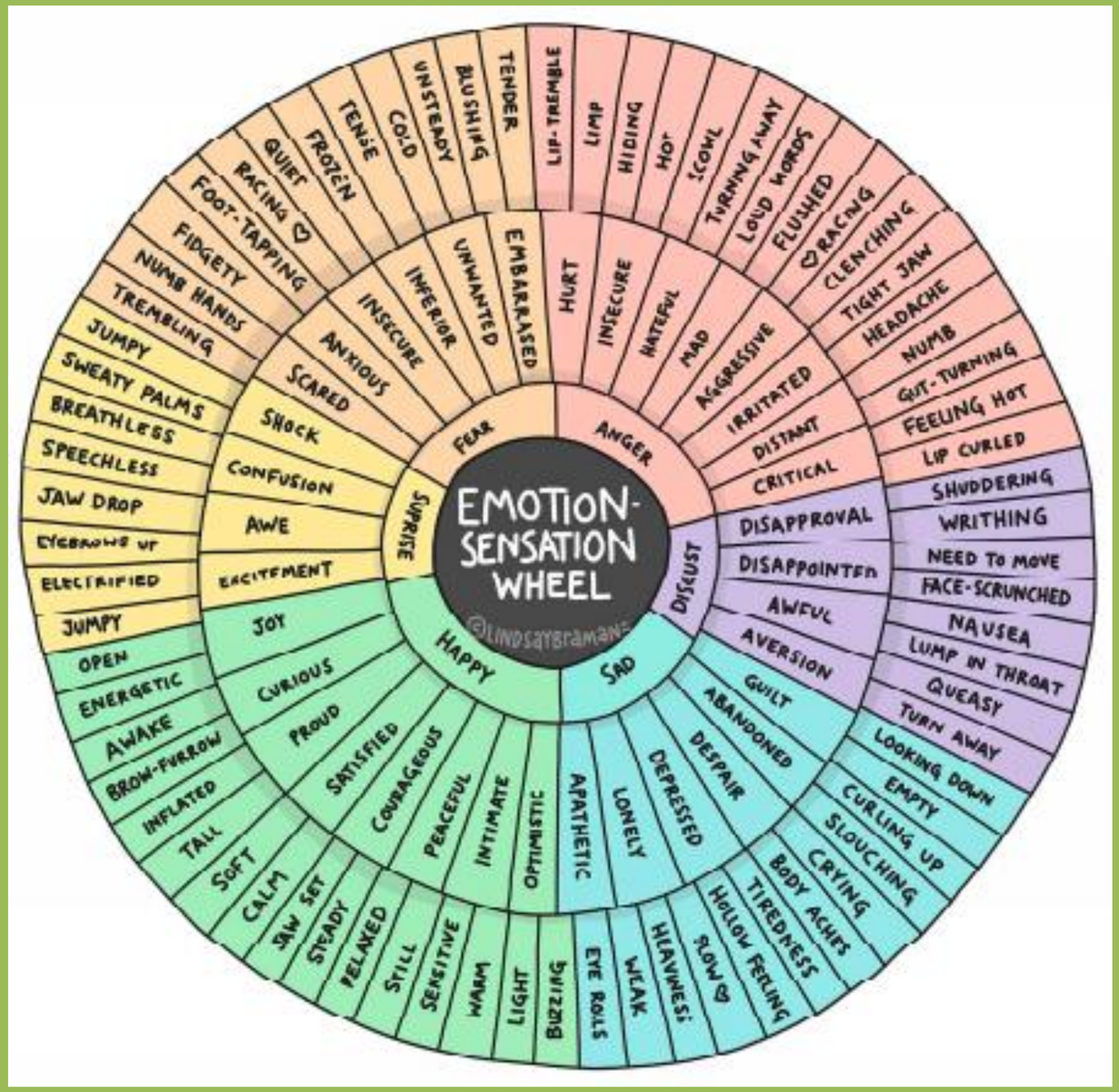
- *Upset / pit in the stomach*
- *Tension in the shoulders*
- *Heaviness in the chest*
- *Burning behind your eyes*

Re-Frame: Mindfulness of your emotional body sensations ALLOWS you to experience an emotion fully. The physical sensation of an emotion is one of the most prominent ways in which we experience emotion. *Your body is communicating with you.*

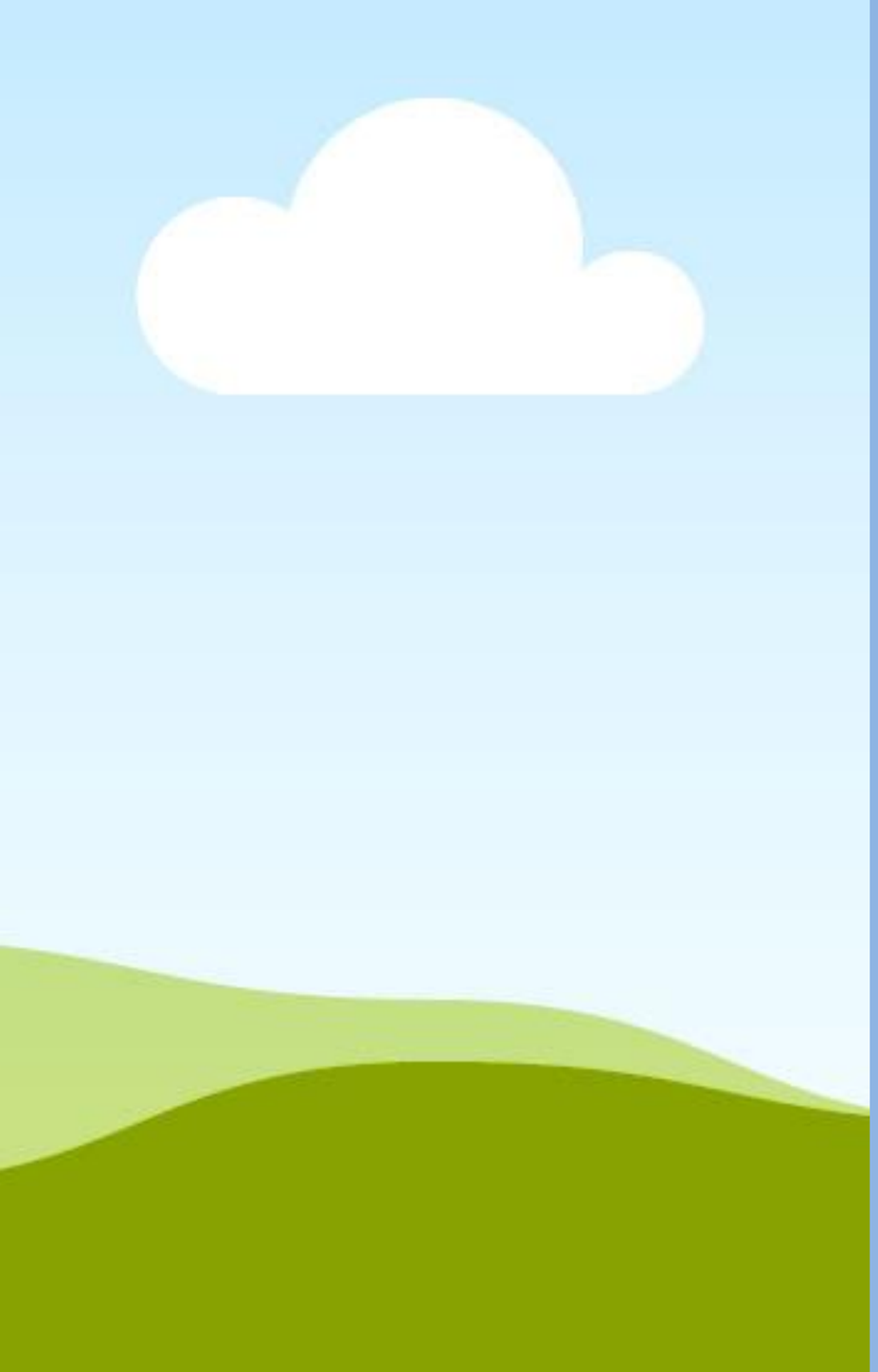
Have you ever noticed that when you try to get away from an emotion – you are often trying to get away from your thoughts and your body sensations?

YES
YOUTH EASTSIDE SERVICES

Where in your body do you feel....



YES
YOUTH EASTSIDE SERVICES



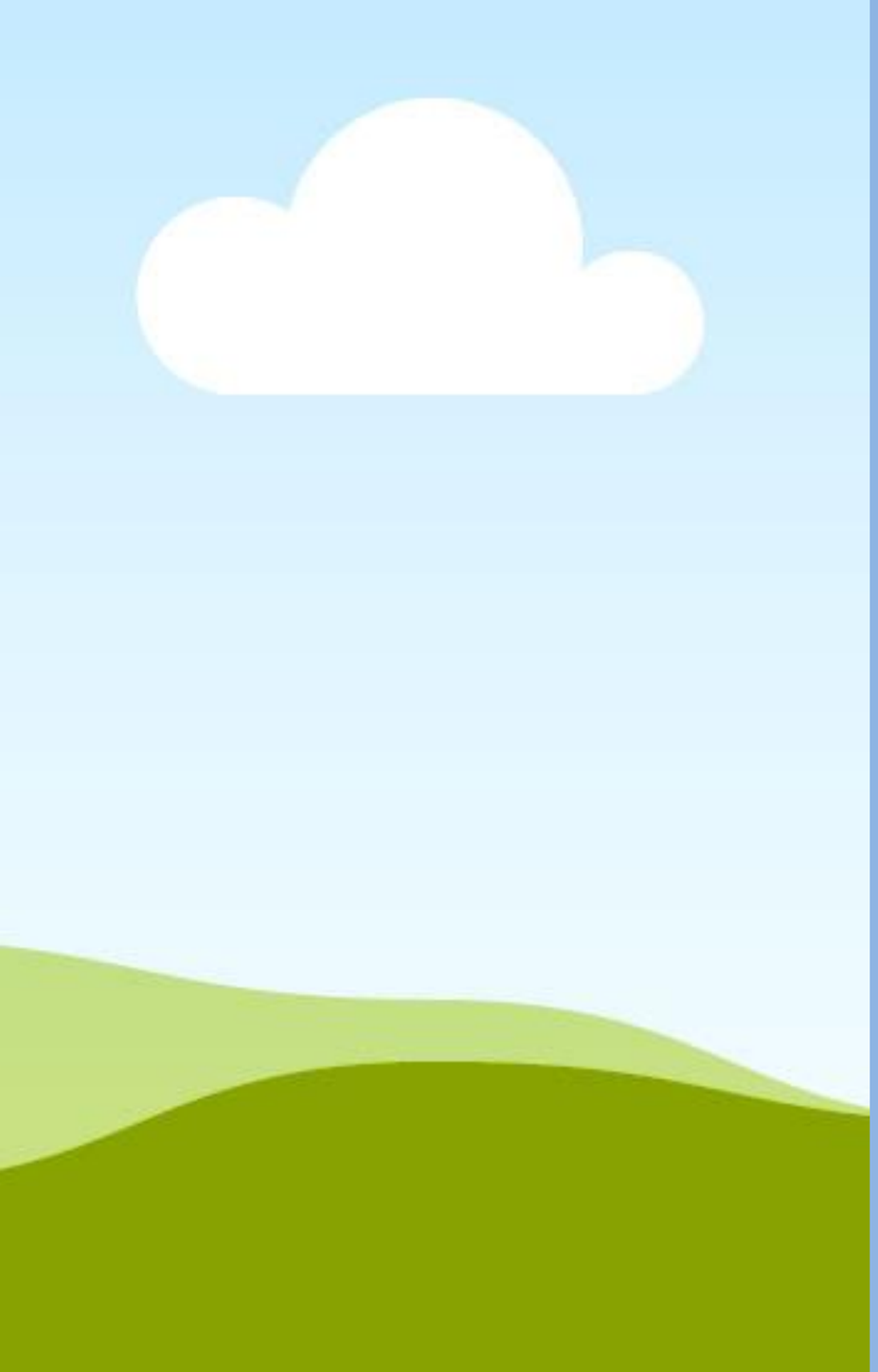
If we learn we can tolerate the sensations of our emotions...

You learn you can also experience and tolerate your emotions.

As you learn you can tolerate your emotions... you are more likely to allow yourself to experience them as they come, go up, and then go down again, ***like a wave****.*

Remember, emotions only last 60-90 seconds

YES
YOUTH EASTSIDE SERVICES



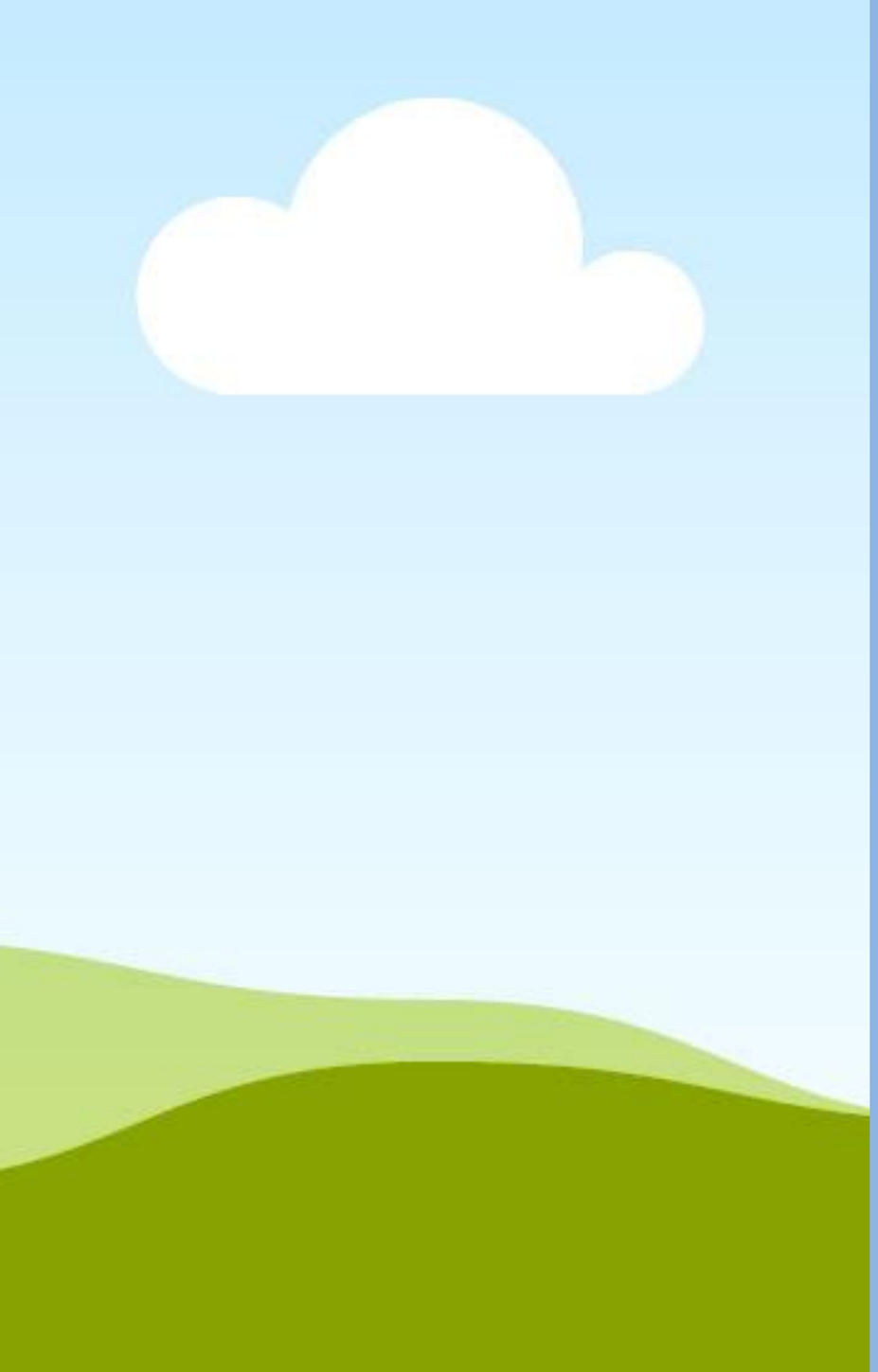
Recalling Functions of Emotions:

Every Emotion has a function AND an associated action urge...

However, just because you have the urge to do something, does not mean you have to choose to act on it! ***You can have an emotion and*** **tolerate** ***the urge to act on it.***

(This is why we learned the skill of ***Opposite Action****!)*

YOUTH EASTSIDE SERVICES



Recalling Distress Tolerance: Radical Acceptance

Ignoring and suppressing emotions does not make them go away, as **all emotions** are a natural and necessary part of life.

.

.

.

Radically Accepting *our emotions helps us allow our emotions to occur without trying to push them away, or accidentally making them stronger.*

YOUTH EASTSIDE SERVICES

Emotion Regulation Goals

1) Understand the Emotions We Experience

2) Decrease Unwanted Emotions

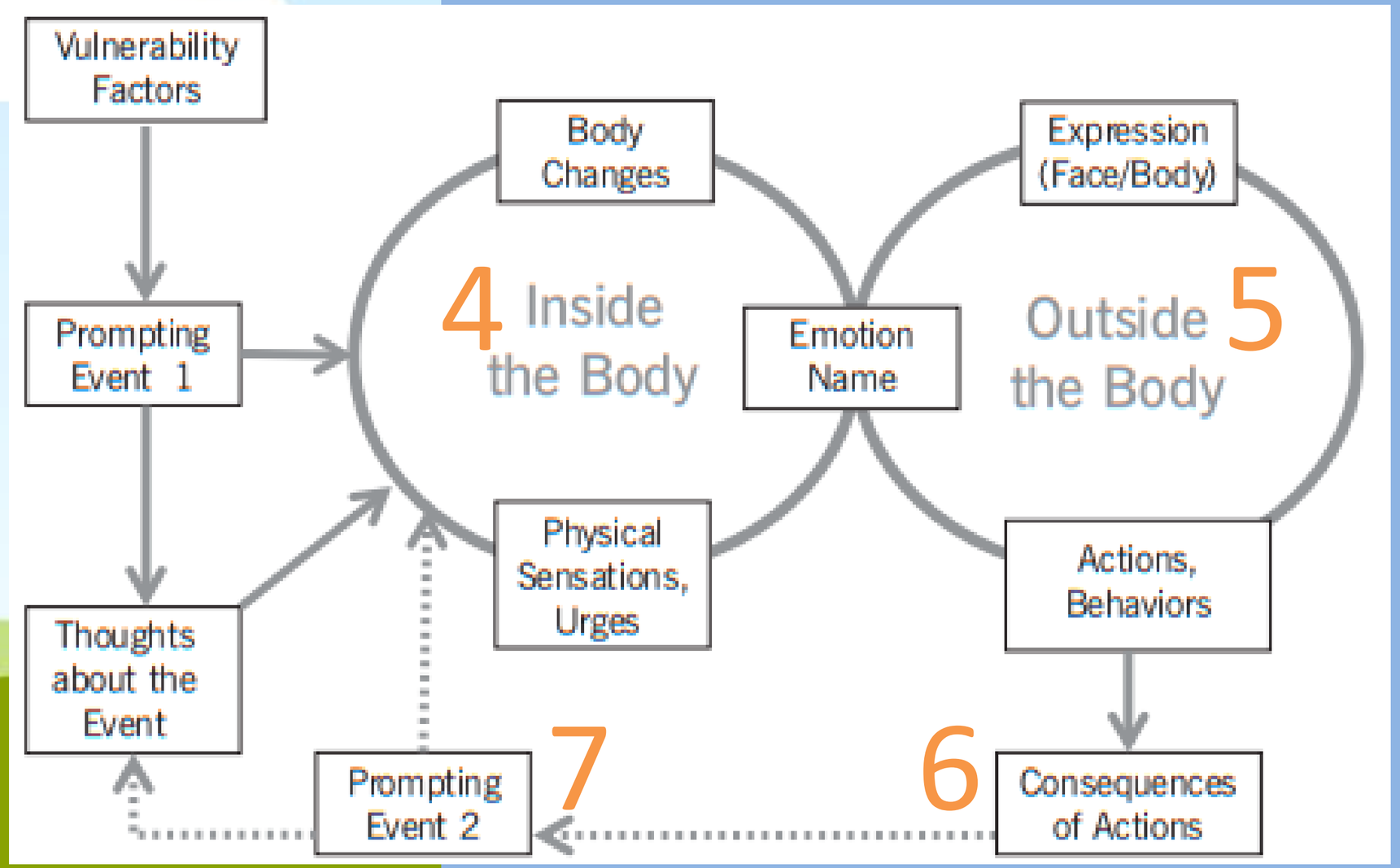
3) Decrease Emotional Vulnerability

4) Decrease Emotional Suffering

Suffering =
Pain + Nonacceptance

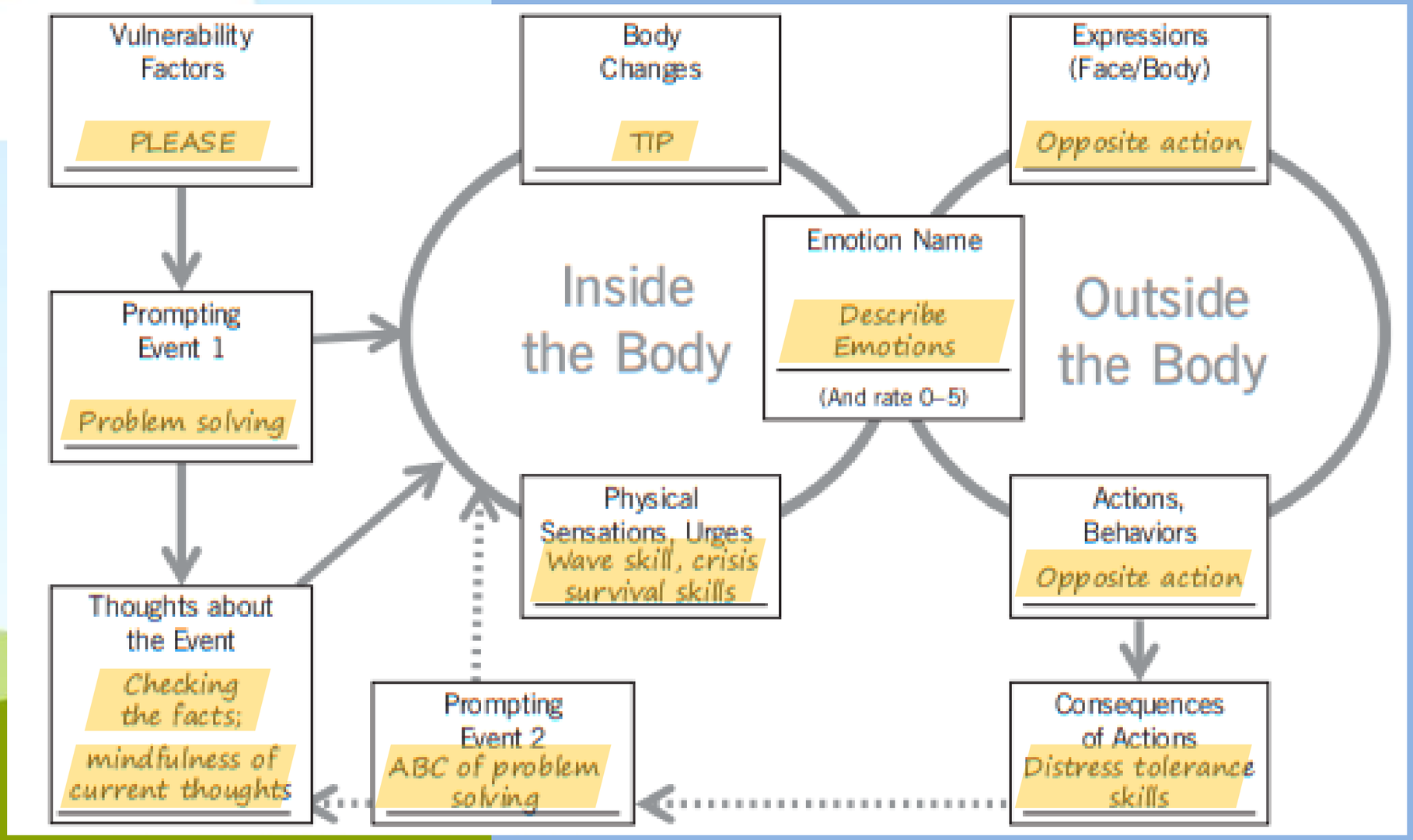
YOUTH EASTSIDE SERVICES

DBT's Model of Emotions



YES
YOUTH EASTSIDE SERVICES

DBT's Model of Emotions with Skills



YES
YOUTH EASTSIDE SERVICES

At Home Practice:

Mindfulness of Current Emotions

Find someone who you are comfortable with at home or in your life, and practice holding eye contact with them.

Looking directly at your partner, and hold eye contact for 1-2 minutes.

The goal of this exercise is to NOTICE the physical sensations that arise within your body – notice any urges to move or look away or laugh, and challenge yourself to NOT ACT on the urges. Notice your judgments, and just let them go, in favor of continuing the practice.

At Home Practice:

Choose a situation from your week that prompted an emotional response

Check off, and reflect on, any of the following that you did:

__ Stepped back and observed the emotion
__ Experienced the emotions as WAVES, coming and going
__ Noticed where in my body I was feeling the emotional sensations
__ Paid attention to the physical sensations of the emotions as much as I could
__ Just noticed the urge to act that went with an emotion
__ Got myself to avoid acting on my emotion
__ Reminded myself of times when I have felt differently
__ Let go of judgements about my emotion
__ Practiced radically accepting my emotion
__ Tried to love my emotion by "naming it and inviting it home for dinner"
__ Practiced willingness to have unwelcome emotions

Questions?
Comments?

YES
YOUTH EASTSIDE SERVICES

REACH OUT TO US

CURRENTLY NOT TAKING NEW CLIENTS

youtheastsideservices.org/virtual-services

CALL US TO INQUIRE ABOUT SERVICES

425-747-4937

JOIN US ON SOCIAL MEDIA

YouthEastsideServices

youth_eastside_services

Youth Eastside Services

Youth Eastside Services

YES
YOUTH EASTSIDE SERVICES

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

YES
YOUTH EASTSIDE SERVICES

thank you

YES
YOUTH EASTSIDE SERVICES