



Skills Group

DISTRESS TOLERANCE MODULE – WEEK 1

WELCOME!

DISTRESS TOLERANCE MODULE

- Introductions
- Rules of Engagement :)
- Overview of all three modules – 4 weeks each.



- Green Folder
- In keeping with Extended Team's Self Management theme. It is hoped that you will gather skills that can add to your personal self-management skills repertoire, by adding these to your green folder or your own self management notes

EXTENDED HEALTH
TEAM

SELF MANAGEMENT



GOALS OF MINDFULNESS PRACTICE

Reduce

Reduce suffering
and increase
happiness

Increase

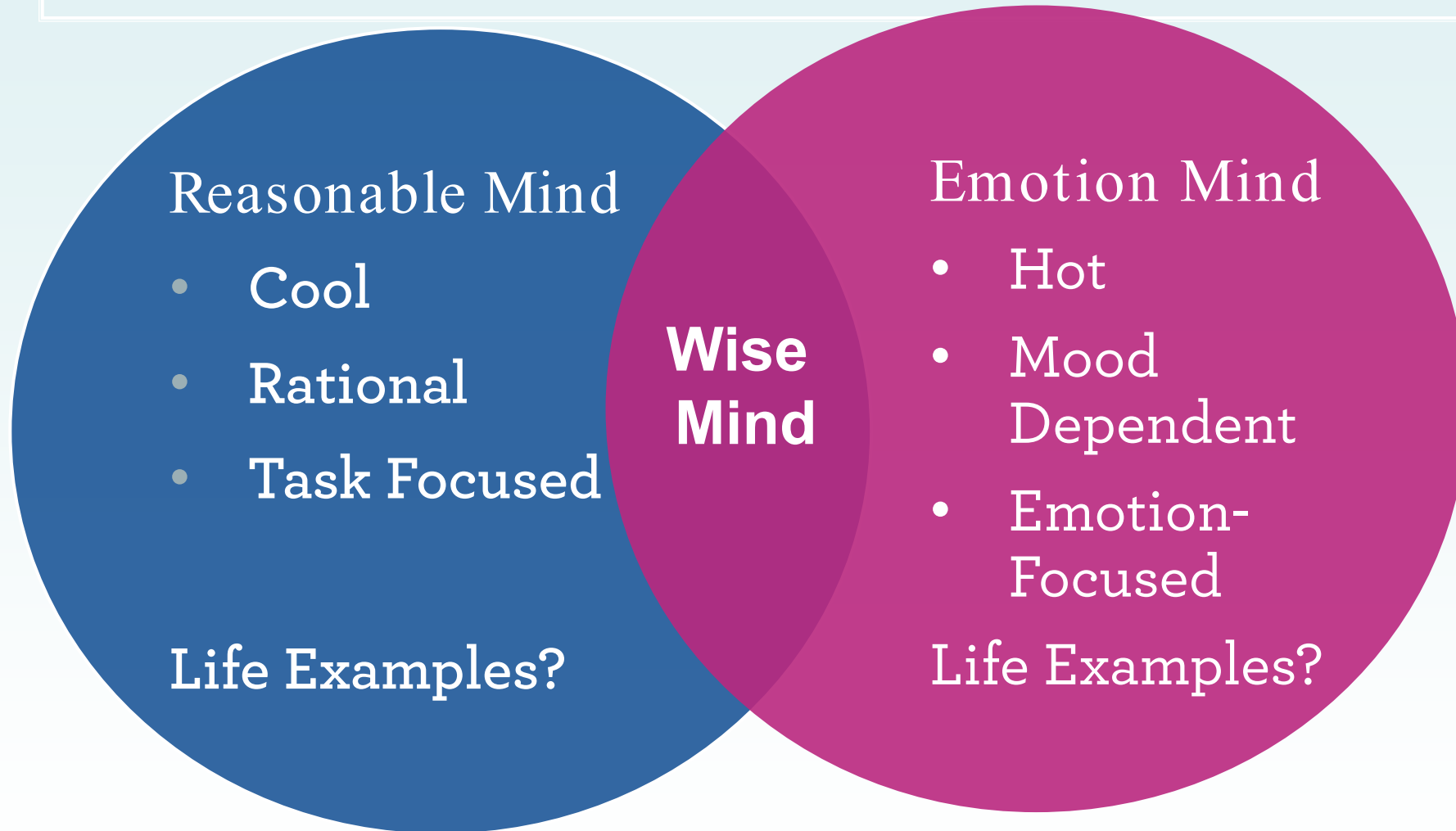
Increase control
of your mind

Experience

Experience
reality as it is

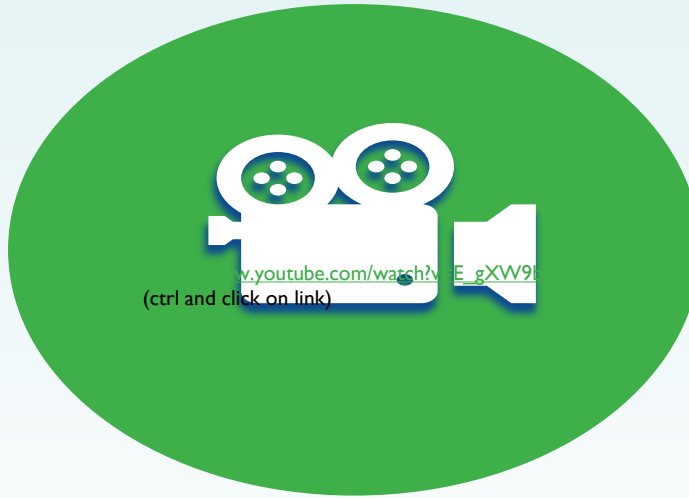
Mindfulness Handout 1& 1A

WISE MIND: STATES OF MIND



Mindfulness Handout 3

IDEAS FOR PRACTICING WISE MIND



VIDEO – RUSS HARRIS MYTHS OF
MINDFULNESS.

Mindfulness Handout 3



BREAK

WHAT SKILLS



OBSERVE

IDEAS IN HANDOUT 4A PG 1-4



DESCRIBE

IDEAS ON HANDOUT 4B



PARTICIPATE

IDEAS ON HANDOUT 4C

Mindfulness Handouts
4, 4A, 4B, 4C

HOW SKILLS



NON-
JUDGMENTALLY



ONE-MINDFULLY



EFFECTIVELY

Mindfulness Handouts
5, 5A, 5B, 5C

**DBT
SKILL:**

MINDFULNESS



HOMework
MINDFULNESS
CORE
SKILLS



- Describe 2 situations, who, what, when and where
- Practice using one or more of the skills – describe using it.
- Check all that apply:

MINDFULNESS PRACTICE

THANKS FOR BEING HERE!





Skills Group

DISTRESS TOLERANCE MODULE – WEEK 2

MINDFULNESS PRACTICE

WELCOME!!
TO DISTRESS
TOLERANCE
WEEK 2

GOALS OF DISTRESS TOLERANCE

- Survive Crisis Situation
- Accept Reality
- Become Free
- Other..

TODAY'S AGENDA:

Three Survival Skills:

- -Mindfulness before and after
- Homework Review
- Stop
- Pros and CONS
- TIP

HOME
WORK
REVIEW



- Describe 2 situations, who, what, when and where
- Practice using one or more of the skills – describe using it.
- Check all that apply:

Mindfulness Worksheet 2



BREAK

DBT SKILLS FOR EMOTIONAL MANAGEMENT



High intensity = Distress Tolerance (Current module)

- Stop skill
- Pros and cons
- TIP your body chemistry
- Distract with Wise Mind ACCEPTS
- Self Sooth and Five senses
- IMPROVE the moment

Lower intensity = Emotional Regulation (Next module)

- Understanding emotions - what they do
- What makes regulation difficult
- Observing and Identifying emotions
- Changing emotional responses
- ABC PLEASE – Lowering emotional vulnerability

Cooling Down Your Emotions



WHEN TO USE CRISIS SURVIVAL SKILLS

- High Stress
- Short Term
- High sense of urgency
- Intense Pain
- Acting on your emotions will make things worse
- Emotion mind threatens to overwhelm you
- Arousal is extreme, problems can't be solved immediately.

Distress Tolerance Handout 3

TOP 3 CRISIS SURVIVAL SKILLS



STOP SKILL



PROS AND CONS



TIP YOUR BODY
CHEMISTRY

Distress Tolerance Handout 4- 6B



- S do not react, Stop!
Freeze! Stay in control.
- T take a step back.
Breathe. Do not your feelings run the show
- O observe. Notice what is going on inside and outside
- P Proceed mindfully.
Act with aware ness



PROS AND CONS

Acting on
the urge

Pros

Cons

Resisting
crisis urge

Pros

Cons

Distress Tolerance Handout

5

TIP SKILLS – CHANGING THE BODY'S CHEMISTRY



- Tip the temperature
- Intense Exercise
- Paced breathing
- Paired muscle relaxation

Distress Tolerance Handout
6/6A



HOMEWORK
DISTRESS
TOLERANCE

- Practice STOP skill
- Pros and Cons of Acting on Crisis Urges
- Change Body Chemistry with TIPS

Distress Tolerance Worksheets 3-6b

MINDFULNESS PRACTICE

THANKS FOR BEING HERE!





Skills Group

DISTRESS TOLERANCE MODULE – WEEK 3

WELCOME!!
TO DISTRESS
TOLERANCE
WEEK 3

TODAY'S AGENDA

-Homework Review

-Three Survival Skills:

- Distracting
- Self Soothing
- Improve the Moment

MINDFULNESS PRACTICE

HOME
WORK
REVIEW



- Practice STOP skill
- Pros and Cons of Acting on Crisis Urges
- Change Body Chemistry with TIPS

Distress Tolerance Worksheets 2,3,4



DISTRACTING
Distress
Tolerance

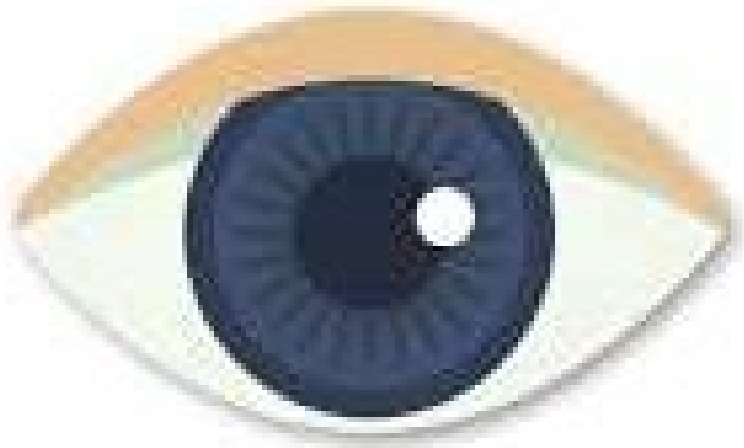
A ctivities
C ontributing
C omparisons
E motions
P using away
T houghts
S ensations

SELF – SOOTHING

WITH 5 SENSES

- Vision
- Hearing
- Smell
- Taste
- Touch

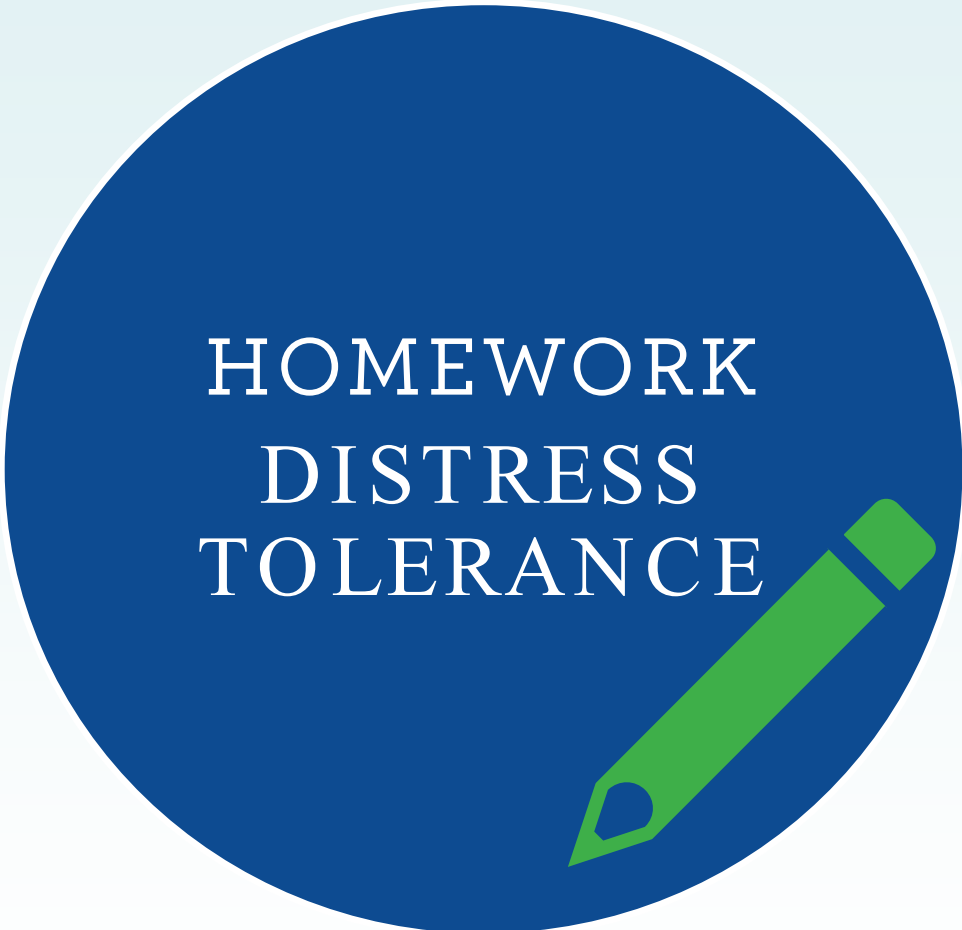




IMPROVING THE MOMENT

I magery
M eaning
P rayer
R elaxing
O ne thing
V acation
E ncouragement





HOMEWORK
DISTRESS
TOLERANCE

- Distracting Wise Mind Accepts
- Self-Soothing
- IMPROVE the moment

Distress Tolerance Worksheet 5,6,7

MINDFULNESS PRACTICE

THANKS FOR BEING HERE!





Skills Group

DISTRESS TOLERANCE MODULE – WEEK 4

WELCOME!!
TO DISTRESS
TOLERANCE
WEEK 4

TODAY'S AGENDA

- Radical Acceptance

MINDFULNESS PRACTICE

HOME
WORK
REVIEW



- Distracting Wise Mind Accepts
- Self-Soothing
- IMPROVE the moment

Distress Tolerance Worksheet 5,6,7



OVERVIEW RADICAL ACCEPTANCE

WHAT IS IT?

WHAT HAS
TO BE
ACCEPTED?

WHY ACCEPT?

Distress Tolerance Handout 11

RADICAL ACCEPTANCE

Factor's that
interfere

- Believing it is approval, compassion, love passivity or against change. IT IS NOT.
- Don't have the Skills
- Belief you are making light of it
- Emotions get in the way.

RADICAL ACCEPTANCE

Factor's that
interfere

- Observe
- Remind – cannot change it
- Practice accepting
- Practice opposite action
- Cope ahead
- Attend
- Allow
- Acknowledge
- Do pros and cons





HOMEWORK
DISTRESS
TOLERANCE



Practice
Radical Acceptance

Distress Tolerance Worksheet 9

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EXTENDED HEALTH
TEAM

SELF MANAGEMENT



MINDFULNESS PRACTICE

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