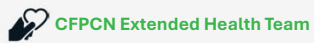


Skills Group: Week 1



1

Agenda

Housekeeping & Introductions
Overview of Skills Group
Overview of Mindfulness
Wise Mind: States of Mind
“What” & “How” Skills

2

Housekeeping

Virtual Groups

- Microsoft Teams features
- IT support: 403-374-0244 Ext. 3

In-Person Groups

- Location of bathrooms
- Thumbs up

Group Norms

- Respect
- Confidentiality
- Participation



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3


Housekeeping

The screenshot shows the cfpcn.ca website with the following elements:

- Header:** Navigation links for Careers, Alberta Find a Doctor, and Physician Login. A search bar labeled "Search entire site" and a dropdown menu "How can we support you?".
- Main Menu:** A blue bar with links: Programs & Services (highlighted with a red circle and an upward arrow), Workshops (downward arrow), Family Doctors, News & Stories, and About (downward arrow).
- Content Area:**
 - Your Health Team:** Health Management Nurse, Clinical Pharmacist, Registered Dietitian.
 - Programs by Referral:** Extended Health Team (highlighted with a red arrow), Coordinated Attachment, Prescription to Get Active.
 - Other Services:** After-hours Care, Case Collaboratives, Riley Park Maternity Clinic.


The website URL cfpcn.ca is visible in the bottom right corner.

4



Extended Health Team is a self-management program.


Add relevant skills/ strategies as you learn them to your toolbox or green folder.



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5

Introductions



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6

Overview of Skills Group



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7



Mindfulness Handout 1A

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8

Goals of Mindfulness

Reduce suffering and increase happiness

Increase control of your mind

Experience reality as it is

Mindfulness Handout 1



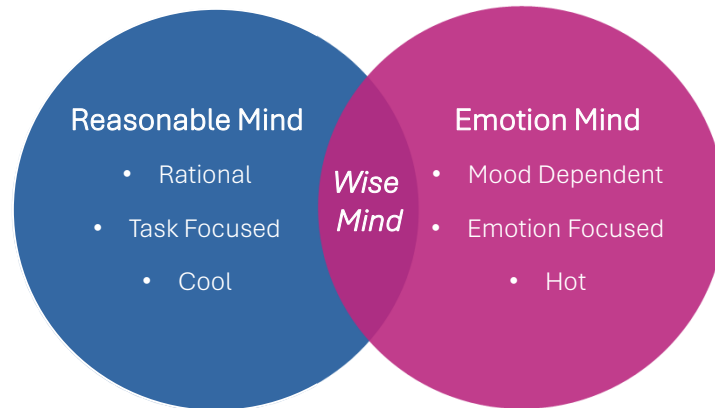
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9



10

Wise Mind: States of Mind

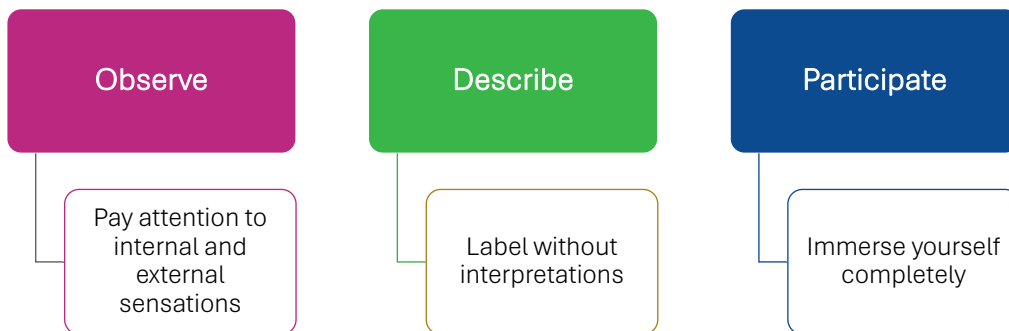


Mindfulness Handout 3 & 3A

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11

Mindfulness: “What” Skills



Mindfulness Handout 4, 4A, 4B, 4C

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12

Mindfulness: “How” Skills



Mindfulness Handout 5, 5A, 5B, 5C

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13



14

Home Practice

Mindfulness Core Skills

- Describe 2 situations (who, what, when, where)
- Practice using one or more of the skills (wise mind, “what” skills, “how” skills) and reflect on how you used them as well as your experience

Mindfulness Worksheet 2



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15

Mindfulness Practice



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16

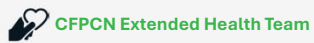
Thank you
for joining us



Your Health,
Your Team,
Your Community



Skills Group (Distress Tolerance): Week 2



1

Agenda

Homework Review
Goals of Distress Tolerance
STOP skill
Pros and Cons
TIP skills

2

Mindfulness Practice



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3

Homework Review

Mindfulness Core Skills

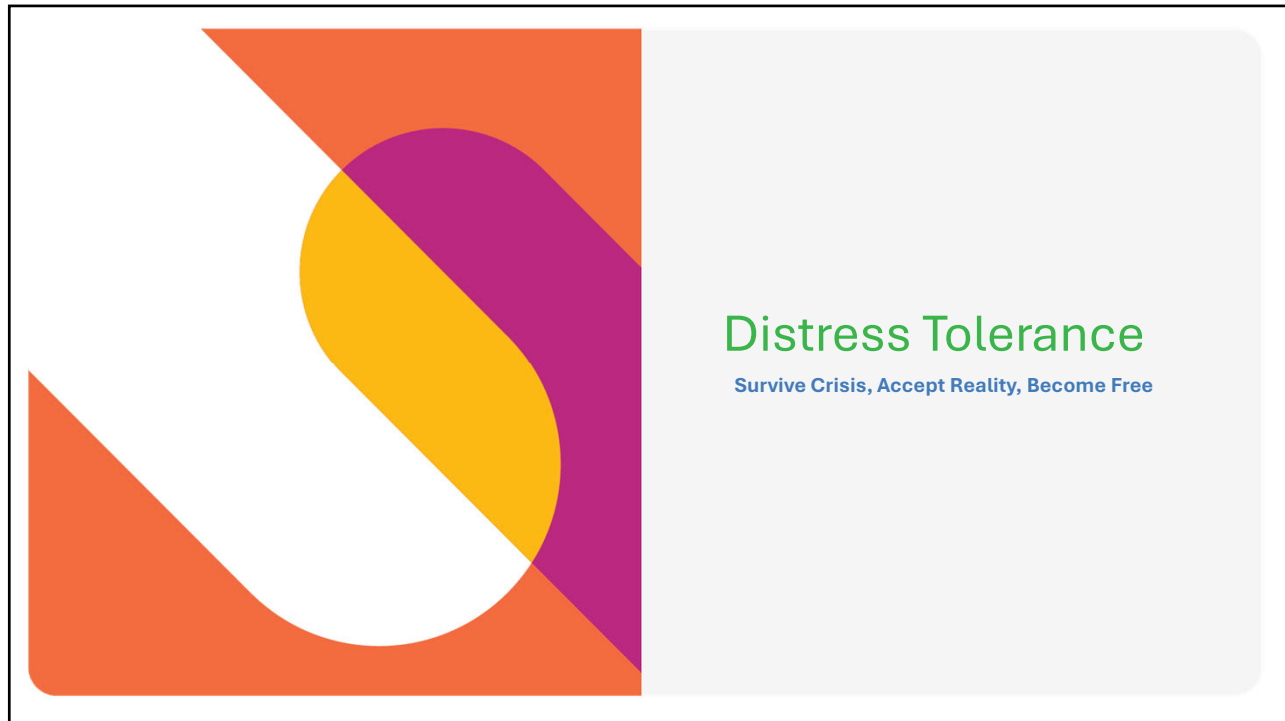
Share your experience of using one of the skills covered last week:

- Wise mind
- “What” skills — Observe, Describe, Participate
- “How” skills — Nonjudgmentally, One Mindfully, Effectively



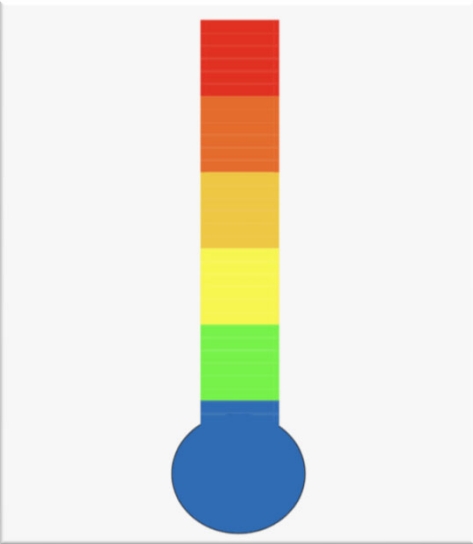
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4



5

DBT Skills for Emotional Management




High Intensity = Distress Tolerance

- STOP skill
- Pros and cons
- TIP your Body Chemistry
- Distract with Wise Mind ACCEPTS
- Self Soothe with the Five Senses
- Improve the moment

Lower Intensity = Emotional Regulation (next module)

Distress Tolerance Handout 2



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6



7

When to Use Crisis Survival Skills

High Stress

Short Term

High sense of urgency

Intense Pain

Acting on emotions will make things worse

Emotion mind threatens to overwhelm you

You are overwhelmed, yet demands must be met

Arousal is extreme, problems can't be solved immediately

Distress Tolerance Handout 3

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8

Top 3 Crisis Survival Skills



STOP Skill



Pros and Cons



TIP your body chemistry

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9

STOP Skill



Stop, freeze

Take a step back. Take a break

Observe inside and outside

Proceed mindfully, with awareness

Distress Tolerance Handout 4



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10

Pros and Cons

	PROS	CONS
Acting on the urge		
Resisting crisis urge		

Distress Tolerance Handout 5



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11

TIP Skills: Changing the Body's Chemistry



Temperature

Intense Exercise

Paced Breathing

Paired Muscle Relaxation

Distress Tolerance Handout 6, 6A, 6B



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12

Home Practice

Skills Practice

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

Distress Tolerance Worksheet 2, 3, 4



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13

Mindfulness Practice



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14

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Your Health,
Your Team,
Your Community



Skills Group (Distress Tolerance): **Week 3**



CFPCN Extended Health Team



Your Health,
Your Team,
Your Community

1

Agenda

Homework Review
Distracting with Wise Mind ACCEPTS
Self Soothing Skills
Improve the Moment

2

Mindfulness Practice



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3

Homework Review

Skills Practice

Share your experience of using one of the skills covered last week:

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



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4

Distracting from Distress



Wise Mind ACCEPTS


- A**ctivities
- C**ontributing
- C**omparisons
- E**motions
- P**ushing away
- T**houghts
- S**ensations

Distress Tolerance Handout 7

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5


Self-Soothing



With the five senses:

- Vision
- Hearing
- Smell
- Taste
- Touch

Distress Tolerance Handout 8



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6



7

Improve the Moment



Imagery
Meaning
Prayer
Relaxing
One thing
Vacation
Encouragement

Distress Tolerance Handout 9



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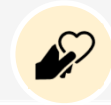
8

Home Practice

Skills Practice

- Distracting: Wise Mind ACCEPTS
- Self-Soothing
- IMPROVE the moment

Distress Tolerance Worksheet 5, 6, 7



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9

Mindfulness Practice



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10

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Your Team,
Your Community



Skills Group (Distress Tolerance): **Week 4**



CFPCN Extended Health Team



Your Health,
Your Team,
Your Community

1

Agenda

Homework Review

Radical Acceptance

- Factors that Interfere
- Practicing Step by Step

Wrap-up and Questions

2

Mindfulness Practice



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3

Homework Review

Skills Practice

Share your experience of using one of the skills covered last week:

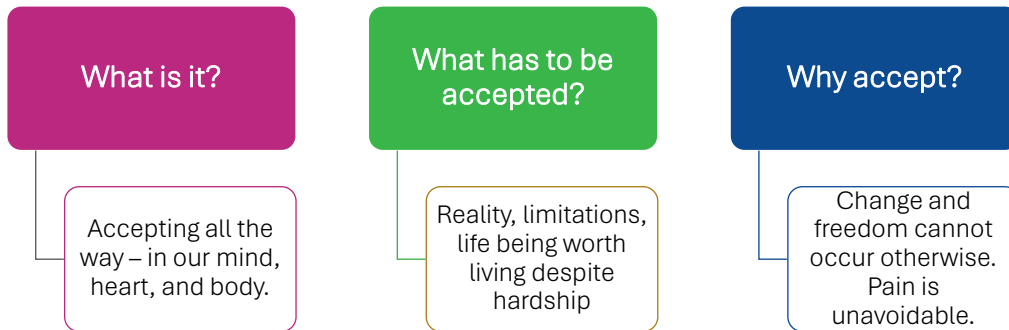
- Distracting: Wise Mind ACCEPTS
- Self-Soothing
- IMPROVE the moment



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4

Overview of Radical Acceptance



Distress Tolerance Handout 11

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5

Factors that Interfere with Radical Acceptance

- Believing it is approval, compassion, passivity or against change
- Not having the skills
- Belief you are making light of it
- Emotions get in the way

Distress Tolerance Handout 11A



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6

Practicing Step by Step

- Observe that you are questioning or fighting reality
- Remind yourself reality is as it is and that there are causes for the reality
- Practice accepting with the whole self
- Practice opposite action
- Cope ahead with events that seem unacceptable
- Attend to body sensations and allow for emotions
- Acknowledge that life can be worth living even when there is pain
- Do pros and cons if you find yourself resisting practicing acceptance

Distress Tolerance Handout 11B



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7



8

Home Practice

Skills Practice

- Radical Acceptance

Distress Tolerance Worksheet 9



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9

Add skills/ strategies that you have found helpful or want to practice to your toolbox or green folder.



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10

Mindfulness Practice



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11

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Your Community



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