

# Skills Group (Distress Tolerance): **Week 1**



CFPCN Extended Health Team

## Agenda

Housekeeping & Introductions  
Brief overview of the Mindfulness Module  
Goals of Distress Tolerance  
STOP skill  
Pros and Cons  
TIP skills



# Housekeeping

## Virtual Groups

- Microsoft Teams features
- IT support: 587-774-9736

## In-Person Groups

- Location of bathrooms
- Thumbs up

## Group Norms

- Respect
- Confidentiality
- Participation



# Housekeeping

The screenshot shows the website cfpcn.ca with a navigation bar. The 'Programs & Services' menu item is circled in red. Below it, the 'Programs by Referral' section is visible, with a red arrow pointing to the 'Extended Health Team' link.

Navigation items: Careers, Alberta Find a Doctor, Physician Login, Search entire site, How can we support you?

Main navigation: Programs & Services ^, Workshops v, Family Doctors, News & Stories, About v

Programs & Services categories:

- Your Health Team
  - Health Management Nurse >
  - Clinical Pharmacist >
  - Registered Dietitian >
- Programs by Referral
  - Extended Health Team >
  - Coordinated Attachment >
  - Prescription to Get Active >
- Other Services
  - After-hours Care >
  - Case Collaboratives >
  - Riley Park Maternity Clinic >

Primary Care Network  
CALGARY FOOTHILLS

**Self-Management Plan**  
understanding my pain

Name sticker

NOTICE  
Physical

NOTICE  
Thoughts  
Feelings

NOTICE  
Behaviours  
Relationships

**Helpful and unhelpful impacts on pain**

Helpful	Sleep	worries	work	Exercise
Not helpful				
Helpful	weather	Food	Relationship	? Other ...
Not helpful				

Extended Health Team is a self-management program.

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



# Introductions



# Overview of Skills Group



# Review Mindfulness Module

## Mindfulness Core Skills

Overview and sharing experience of using one of the skills covered last week:

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

Mindfulness Worksheets 2, 2A, 2B



# Mindfulness Practice

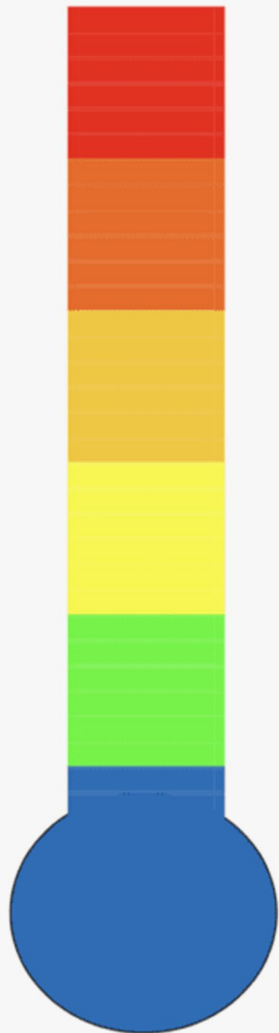




# Distress Tolerance

Survive Crisis, Accept Reality, Become Free

# DBT Skills for Emotional Management



## High Intensity = Distress Tolerance (this module)

- 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 = Emotion Regulation

Distress Tolerance Handout 2



# Cooling Down Your Emotions



# When to Use Crisis Survival Skills

## Crises are:

- High Stress
- Short Term
- Situations that create intense pressure to resolve the problem quickly

## Distress Tolerance Handout 3



# When (Not) to Use Crisis Survival Skills

**Crisis survival skills are used when we are:**

In intense pain

About to act on emotions that will make things worse

Threatened and overwhelmed by the Emotion mind

Overwhelmed, yet we must meet demands

Experiencing extreme arousal, yet our problems can't be solved immediately

**Crisis survival skills are not appropriate for:**

Everyday problems

Solving all our problems

Making life worth living

Distress Tolerance Handout 3



# Top 3 Crisis Survival Skills



STOP Skill



Pros and Cons



TIP your body  
chemistry

# STOP Skill



**S**top, freeze

**T**ake a step back. Take a break

**O**bserve inside and outside

**P**roceed mindfully, with awareness

Distress Tolerance Handout 4



# Pros and Cons

	PROS	CONS
Acting on crisis urge		
Resisting crisis urge		

Distress Tolerance Handout 5



# TIPP Skills: Changing the Body's Chemistry



Temperature

Intense Exercise

Paced Breathing

Paired Muscle Relaxation

Distress Tolerance Handout 6, 6A, 6B



# Home Practice

## Skills Practice

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

Distress Tolerance Worksheet 2, 3, 4



# Mindfulness Practice



Thank you  
for joining us

