

# Skills Group (Emotion Regulation): **Week 1**



CFPCN Extended Health Team

# Agenda

Housekeeping & Introductions

Brief overview of the Mindfulness Module

Goals of Emotion Regulation

What Emotions Do for You

Factors That Make it Hard to Regulate

Observing and Describing Emotions



# 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 menu. The 'Programs & Services' link is circled in red. Below it, the 'Extended Health Team' link is also highlighted with a red arrow. The page features a blue header with navigation links and a main content area with three columns of service categories.

cfpcn.ca

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

Programs & Services ^ Workshops v Family Doctors News & Stories About v

**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 in the Mindfulness module:

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

Mindfulness Worksheets 2, 2A, 2B,  
2C



# Mindfulness Practice



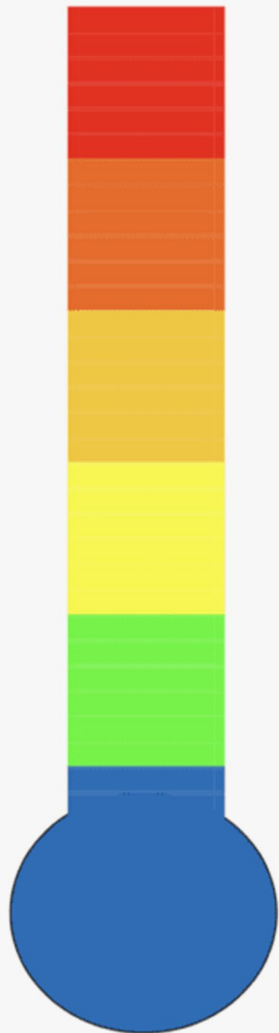


# Emotion Regulation

**Increase Emotional Literacy, Manage Difficult**

**Emotions, Build Emotional Resilience**

# DBT Skills for Emotional Management



**High Intensity = Distress Tolerance**

**Lower Intensity = Emotion Regulation (this 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



# Goals of Emotion Regulation

Understand and name your own emotions

Decrease the frequency of unwanted emotions

Decrease emotional vulnerability

Decrease emotional suffering

Emotion Regulation Handout 1



# What Emotions Do for You

## Motivate and Organize for Action

- Prepares us for action
- Save time
- Overcome Obstacles

## Communicate to Others

- Expressions and body language are often hardwired
- “Hardwired Communication” influences others

## Communicate to Ourselves

- Gives us information
- Intuition
- Caution: our emotions do not always represent the facts

Emotion Regulation Handout 3

# Basic Purpose of Emotions

Anger	Motivates us to take action when an important goal is blocked, or we feel attacked
Disgust	Motivates us to distance ourselves or reject contaminating or offensive objects
Envy	Organizes responses to things we want or need, that others have
Fear	Responds to threats and protects us from danger
Happiness	Motivates us to do things that enhances pleasure ( good for our health)
Jealousy	Motivates us to protect what we have, typically relationships or things that are important to us
Love	Motivates us to attach to others ( we survive better in groups)
Sadness	Connects us to what is valued. Communicates that we need help
Shame	Organizes response related to our personal characteristics and parts of ourselves that would lead to rejection from the group
Guilt	Motivates us to live in alignment with our values. Response to behavior that is devalued by the group

# Factors that Make it Hard to Regulate

Biology

Lack of Skill

Reinforcement  
of Emotional  
Behaviour

Moodiness

Emotional  
Overload

Emotion Myths

Emotion Regulation Handout 4

# Ways to Describe Emotions

Words

Prompting events

Interpretations of events

Biological changes and experiences

Expressions and actions

Aftereffects

Emotion Regulation Handout 6



# Observing and Describing Emotions Example

- **Prompting Event – Describe it, who, what, when and where? What sets off the emotion?**

I left my roommate's pot on the burner and forgot about it. I destroyed it. I then threw the pot away without telling my roommate.

- **Vulnerability Factors: What happened before that made you more emotionally vulnerable to the event?**

We are new roommates; we don't know each other well. I really like her and want her to like me. I've been told I'm clutzy most of my life. I was tired and hungry.

- **Interpretations: What are your beliefs and assumptions, appraisals of the situation?**

She'll think I'm clutzy and won't be my friend. She won't trust me with her stuff.



# Observing and Describing Emotions Example (con't)

➤ **Face/ Body Changes and Experiences: What were you feeling in your face and body?**

I was feeling pain and tension, feeling hot in the face, jittery and nauseous, felt like I was suffocating.

➤ **Action Urges: What did you feel like doing? What did you want to say?**

I wanted to avoid my friend and hide the mistake. I wanted to be left alone and not deal with the issue.

➤ **Face and Body Language: What was your facial expression? Posture? Gestures?**

My eyes got wide when I realized what I had done, then my face became very serious. I avoided eye contact and felt like I was sulking around the house.



# Observing and Describing Emotions Example (con't)

## ➤ What I Did

I threw the pot away. I got really quiet and went to my room.

## ➤ Emotion Name

Shame, guilt, and fear.

## ➤ Intensity

60/100 = shame, 50/100 = guilt, 70/100 = fear.

## ➤ AfterEffects that the emotion had on you

Didn't join the pizza party. Talked badly about another person in our group, felt tired, and unhappy.



# Home Practice

## Skills Practice

- Practice observing and describing emotions of your own event

Emotion Regulation Worksheet 4A



# Mindfulness Practice



Thank you  
for joining us



Your Health,  
Your Team,  
Your Community