

Skills Group (Emotion Regulation): **Week 3**



CFPCN Extended Health Team

Agenda

Homework Review
Reducing Vulnerability to Emotion Mind
ABC P.L.E.A.S.E.



Mindfulness Practice



Homework Review

Skills Practice

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

- Check the Facts
- Opposite Action
- Problem Solving



The Jelly Beans in the Jar



Reducing Vulnerability to Emotion Mind: Building a Life Worth Living

Accumulate positive emotions

Build mastery

Cope ahead of time with emotional situations

P.L.E.A.S.E.- treat Physical illness, balance

Eating, avoid mood-Altering substances, balance

Sleep, and get Exercise

Emotion Regulation Handout 14



Accumulating Positive Emotions: Short-Term



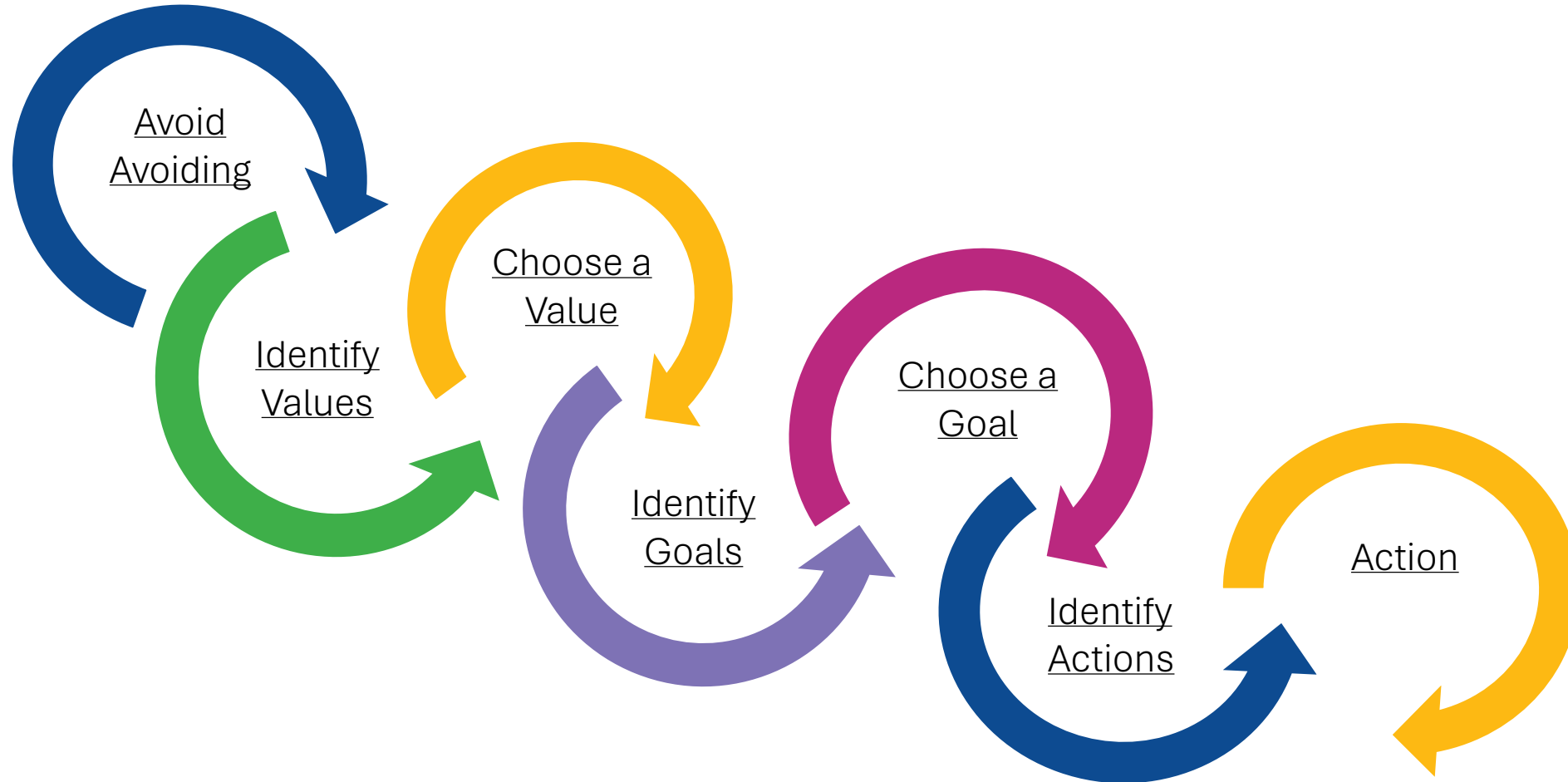
The only way to create positive emotions is to participate in positive experiences.

- Build positive experiences now
- Be mindful of positive experiences
- Be unmindful of worries

Emotion Regulation Handout 15, 16



Accumulating Positive Emotions: Long-Term



Emotion Regulation Handout 17, 18

Build Mastery



- Do one thing each day that brings a sense of accomplishment
- Plan for success– do something difficult, but possible
- Gradually increase difficulty over time. If a task is too easy, challenge yourself to try something harder

Emotion Regulation Handout 19



Cope Ahead

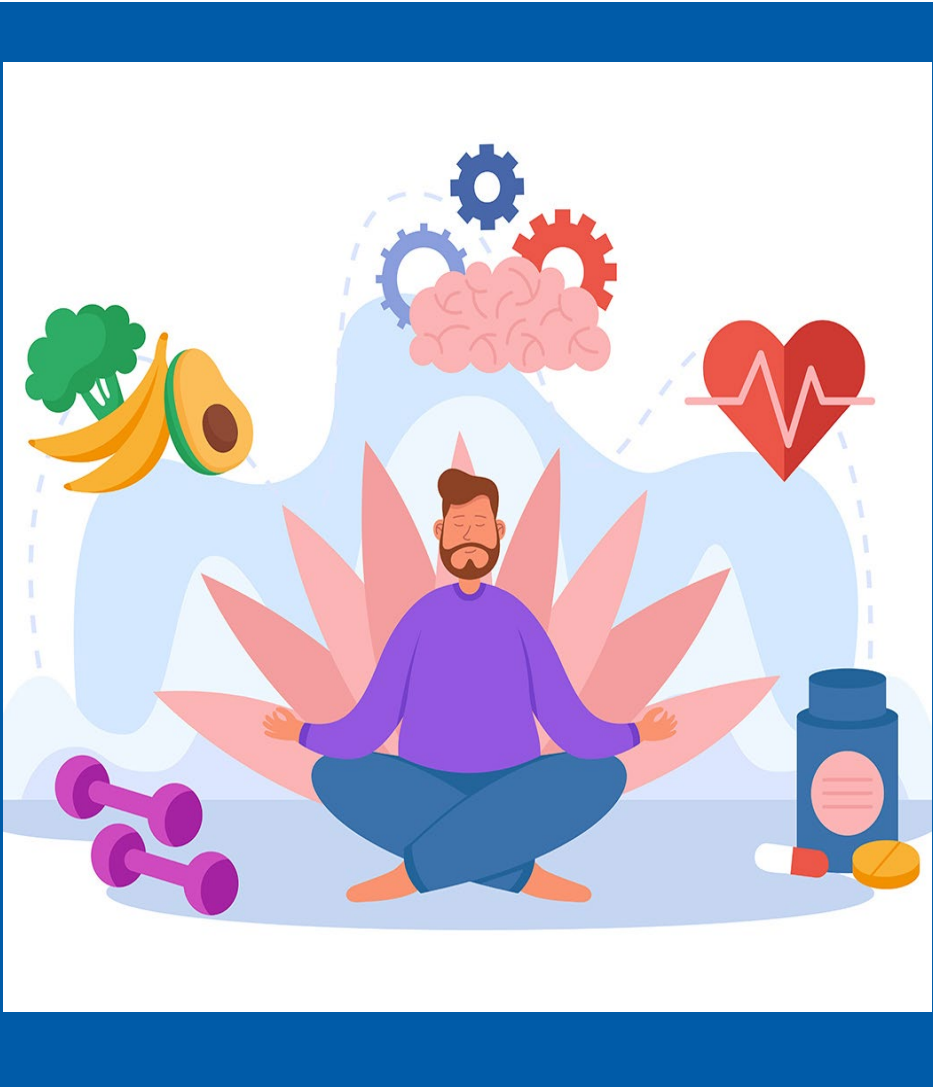


- Describe the situation that is likely to prompt problem behaviour (also urge/pain/emotion)
- Decide what coping or problem-solving you will use
- Imagine the situation as vividly as possible
- Rehearse in your mind coping effectively
- Practice relaxation after rehearsing

Emotion Regulation Handout 19



P.L.E.A.S.E.



P

L treat Physical L illness

E balance Eating

A avoid mood-Altering substances

S balance Sleep

E get Exercise

Emotion Regulation Handout 20



Home Practice

Skills Practice

- Practice using ABC P.L.E.A.S.E. and reflect on your experience

Emotion Regulation Worksheet 9



Primary Care Network
CALGARY FOOTHILLS

Name sticker

Self-Management Plan understanding my pain

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				

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



Mindfulness Practice



Thank you
for joining us



Your Health,
Your Team,
Your Community