



Adult Resilience Curriculum (ARC) for Educators

Module 7: Coping with Difficult Thoughts, Feelings, and Experiences

Resources

Understanding Emotion Regulation

Psychology Tools. (n.d.). *A guide to emotions*. <https://www.psychologytools.com/self-help/a-guide-to-emotions/>

Robinson, B. E. (2020, April 26). *The 90-second rule that builds self-control*. Psychology Today. <https://www.psychologytoday.com/intl/blog/the-right-mindset/202004/the-90-second-rule-builds-self-control>

Thea, A. (n.d.). *Is saying 'positive vibes only' bad? Why you shouldn't reject people's negative vibes*. Your Tango. <https://www.yourtango.com/2019328576/why-positive-good-vibes-only-is-toxic-positivity-how-feeling-negative-emotions-is-healthy>

Acceptance

Berinato, S. (2020, March 23). *That discomfort you're feeling is grief*. Harvard Business Review. <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

Taylor, J. B. (2008). *My stroke of insight*. TED2008. https://www.ted.com/talks/jill_bolte_taylor_my_stroke_of_insight/transcript

*Review resources from Module 4: Mindfulness

Overcoming Intense Emotions

DBT.tools. (n.d.). *"IMPROVE" skill*. https://dbt.tools/_files/resources/homework/distress-tolerance_improve.pdf?v=1.1

Dialectical Behavior Therapy. (n.d.). *T10: TIPP*. <https://dialecticalbehaviortherapy.com/distress-tolerance/tipp/>

Tull, M. (2021, March 13). *Use your 5 senses to manage stress levels*. Very Well Mind. <https://www.verywellmind.com/coping-with-stress-using-self-soothing-skills-2797579>

Responding to Unhelpful Thoughts

Deacon, B. J., Lickel, J. J., Wolitzky-Taylor, K. B., & Fawzy, T. I. (2011). Cognitive defusion versus cognitive restructuring in the treatment of negative self-referential thoughts: An investigation of process and outcome. *Journal of Cognitive*



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
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Psychotherapy, 25, 218-232. DOI: 10.1891/0889-8391.25.3.218. Retrieved from https://www.researchgate.net/publication/260390358_Cognitive_Defusion_Versus_Cognitive_Restructuring_in_the_Treatment_of_Negative_Self-Referential_Thoughts_An_Investigation_of_Process_and_Outcome

Psychology Tools. (n.d.). *Thought suppression and intrusive thoughts*. <https://www.psychologytools.com/resource/thought-suppression-and-intrusive-thoughts/>

The University of Sydney Counseling and Psychological Services. (n.d.). Cognitive defusion. <https://www.sydney.edu.au/content/dam/students/documents/counselling-and-mental-health-support/cognitive-defusion.pdf>

Orienting Towards Values

*Review resources from Module 3: Values