



# Adult Resilience Curriculum (ARC)

## Coping



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1382







# WHO WE ARE




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# WHO WE ARE



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**The Adult  
Resilience  
Curriculum (ARC)**

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# The ARC Modules

0: Introduction to  
the Adult  
Resilience  
Curriculum (ARC)

1: Understanding the  
psychobiology of  
stress and well-being  
(*psychoeducation*)

2: Creating safe and  
supportive  
environments  
(*context*)

3: Clarifying, aligning  
with, and committing  
to one's values  
(*values*)

4: Cultivating  
awareness through  
mindfulness-based  
practices  
(*mindfulness*)

5: Connecting  
meaningfully with  
others  
(*connection*)

6: Fostering pleasant  
emotions and  
experiences  
(*positivity*)

7: Coping with  
difficult thoughts,  
feelings, and  
experiences  
(*coping*)

8: Feeling good  
physically through  
nutrition, movement,  
& sleep  
(*health*)

9: Rejuvenating  
through relaxation,  
recreation, and  
routines  
(*three R's*)

10: Bringing it all  
together: A wellness  
plan for the future  
(*wellness plan*)



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# Coping

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Understand how emotions work and what purpose they serve.

Learn and apply various strategies to reduce suffering in the face of difficult emotions, thoughts, and experiences.

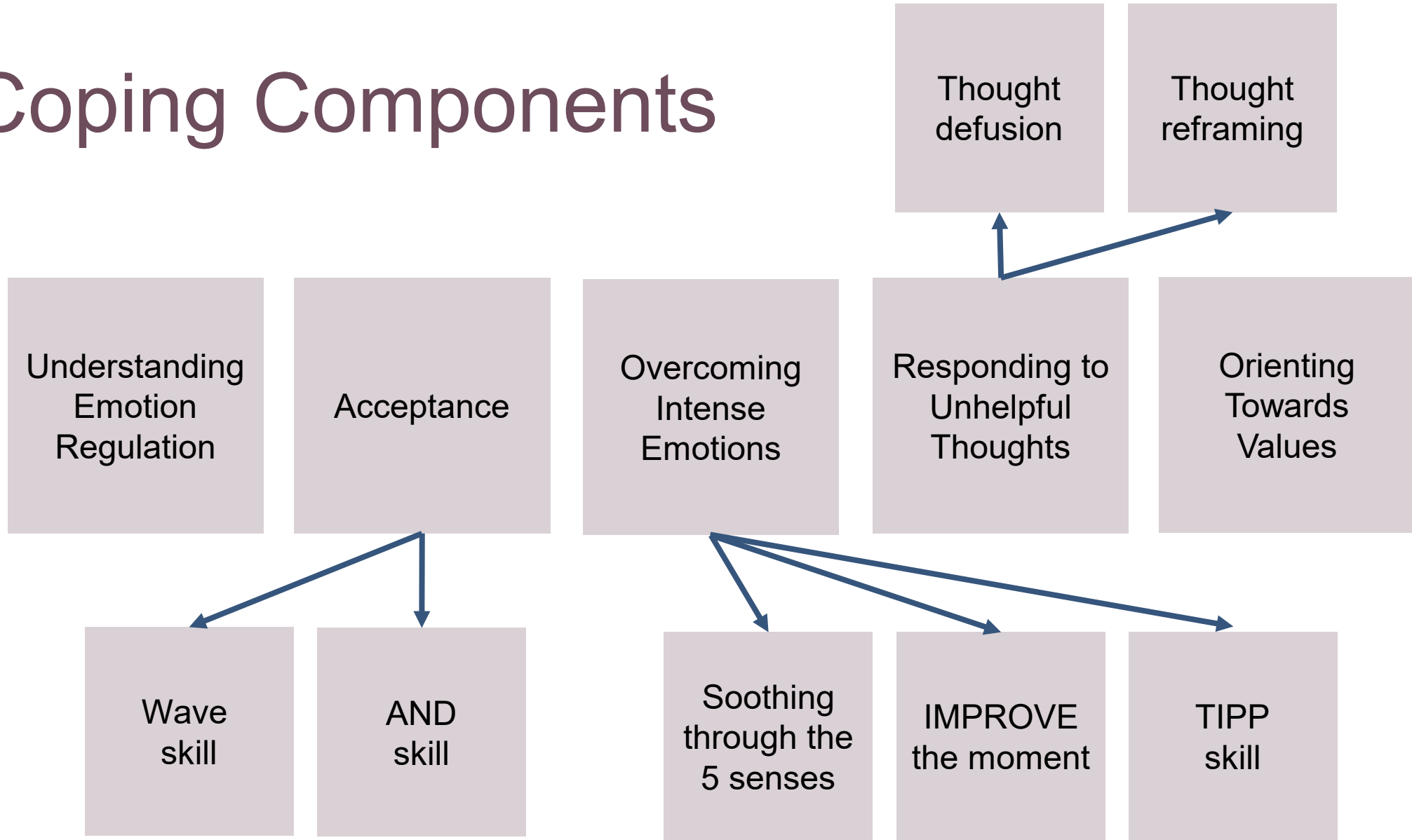
Create an action plan for how to cope with difficult thoughts, emotions and experiences now and in the future.

Our Hopes  
for Today



**MODULE 7:**  
Coping with Difficult Thoughts, Feelings,  
and Experiences

# Coping Components



# What are Emotions?

“

Emotion only lasts in our bodies for about 90 seconds. After that, the physical reaction dissipates, **UNLESS** our cognitive brain kicks in and starts connecting our [emotions] with past events.

”

- Jill Bolte Taylor



- ❖ A subjective experience
- ❖ Neither good nor bad
- ❖ Created by integrating bodily reactions and cognitive reactions
- ❖ Essential to being human



“

Emotions are complex. To limit them to ‘positive vibes only’ is to reduce what you allow yourself to feel. After all, to heal it, you have to feel it! And that’s healthier and more strongly associated with well being than is positive vibing through life.

”

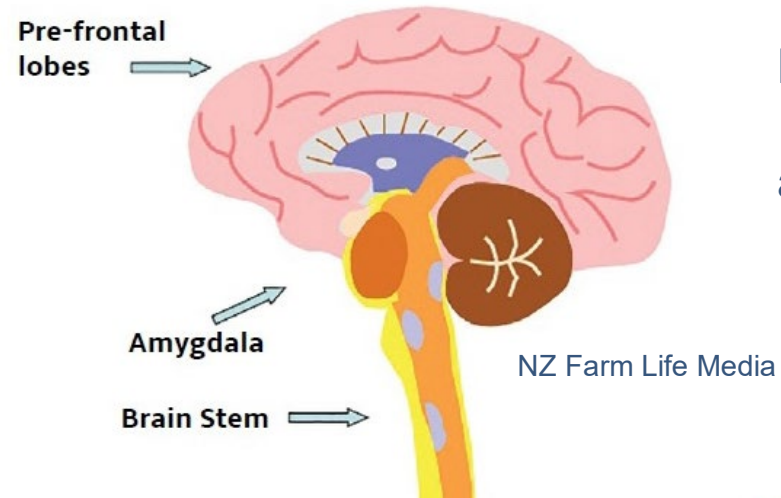
- Elayne Daniels, *Psychologist & Yoga Teacher*

# Emotion Regulation



Emotions are like an avalanche – it's important to make an intentional effort to address them at the *beginning* rather than waiting until they gain too much momentum and can overpower us.

## The "Amygdala Hijack"



Mindfulness is the only antidote to the amygdala hijack.

Knowing what your buttons/triggers are is key to coping with difficult emotions.



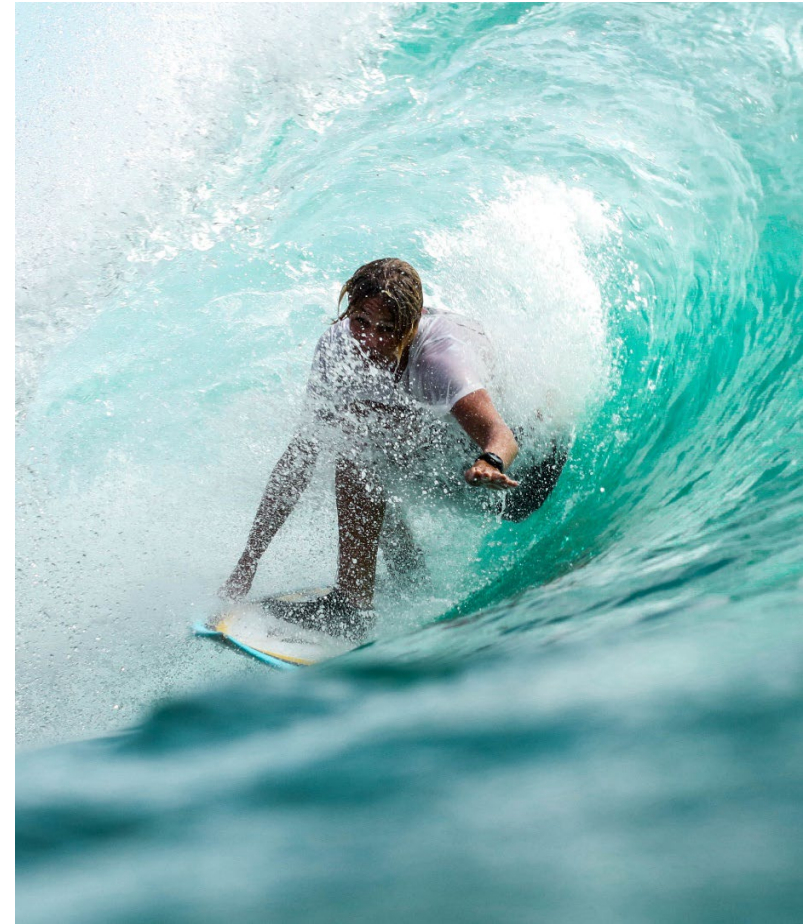


“

To experience peace does not mean that your life is always blissful. It means that you are capable of tapping into a blissful state of mind amidst the normal chaos of a hectic life.

”

- Jill Bolte Taylor



Embracing the Waves



**Aware** of inner experience

**Name** what's happening

**Describe** using an emotion

or “I cried last night.” When you name it, you feel it and it moves through you. Emotions need motion. It’s important we acknowledge what we go through. One unfortunate byproduct of the self-help movement is we’re the first generation to have feelings about our feelings. We tell ourselves things like, *I feel sad, but I shouldn’t feel that; other people have it worse.* We can — we should — stop at the first feeling. *I feel sad. Let me go for five minutes to feel sad.* Your work is to feel your sadness and fear and anger whether or not someone else is feeling something. Fighting it doesn’t help because your body is producing the feeling. If we allow the feelings to happen, they’ll happen in an orderly way, and it empowers us. Then we’re not victims.

Overcoming  
Intense  
Emotions





# IMPROVE the Moment

“

In some ways suffering ceases to be suffering at the moment it finds a meaning, such as the meaning of a sacrifice.

”

- Viktor E. Frankl

# Soothing Through the Five Senses



HEAR



TOUCH



TASTE



SEE



SMELL



# TIPP (During an Emotional Crisis)

**T**emperature

**I**ntense exercise

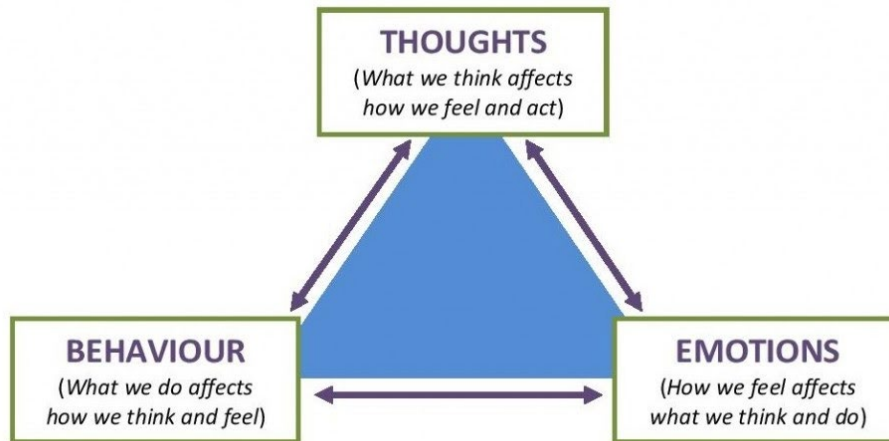
**P**aced breathing

**P**aired muscle relaxation





# Responding to Unhelpful Thoughts



# Thought Defusion vs. Thought Reframing

Remembering that you're not your thoughts

Simply noticing your thoughts without getting caught up

Letting thoughts come and go, like leaves on a stream

Creating a space between yourself, your thoughts, and your actions

Noticing patterns of thinking that are negative or unhelpful

Question faulty or inaccurate ways of thinking about things

Reframing the thought to be more positive, helpful or balanced

Observing how changing your thoughts can change how you feel and what you do

# Orienting Towards Values

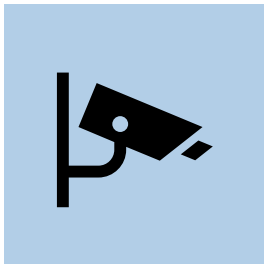
Ask yourself:

“Am I letting my emotions drive my decisions or am I in the driver’s seat, using my values as a compass to direct me?”

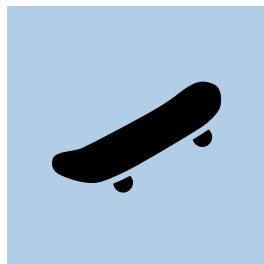




# Activities for Practicing Coping



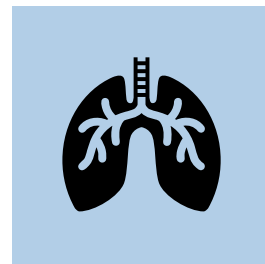
emotional  
observer



urge surfing



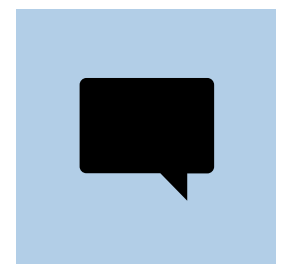
progressive  
muscle  
relaxation



paced  
breathing



theory A/  
theory B



speech  
exercises

# Recommendations



✓ Complete one activity

# Recommendations



- ✓ Complete one activity
- ✓ Identify one or more practices for coping with difficult experiences that you will practice

# Recommendations



- ✓ Complete one activity
- ✓ Identify one or more practices for coping with difficult experiences that you will practice
- ✓ Create an individual action plan for that connection