



Adult Resilience Curriculum (ARC)

Coping









WHO WE ARE



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WHO WE ARE



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The Adult Resilience Curriculum (ARC)



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*)



Coping

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.

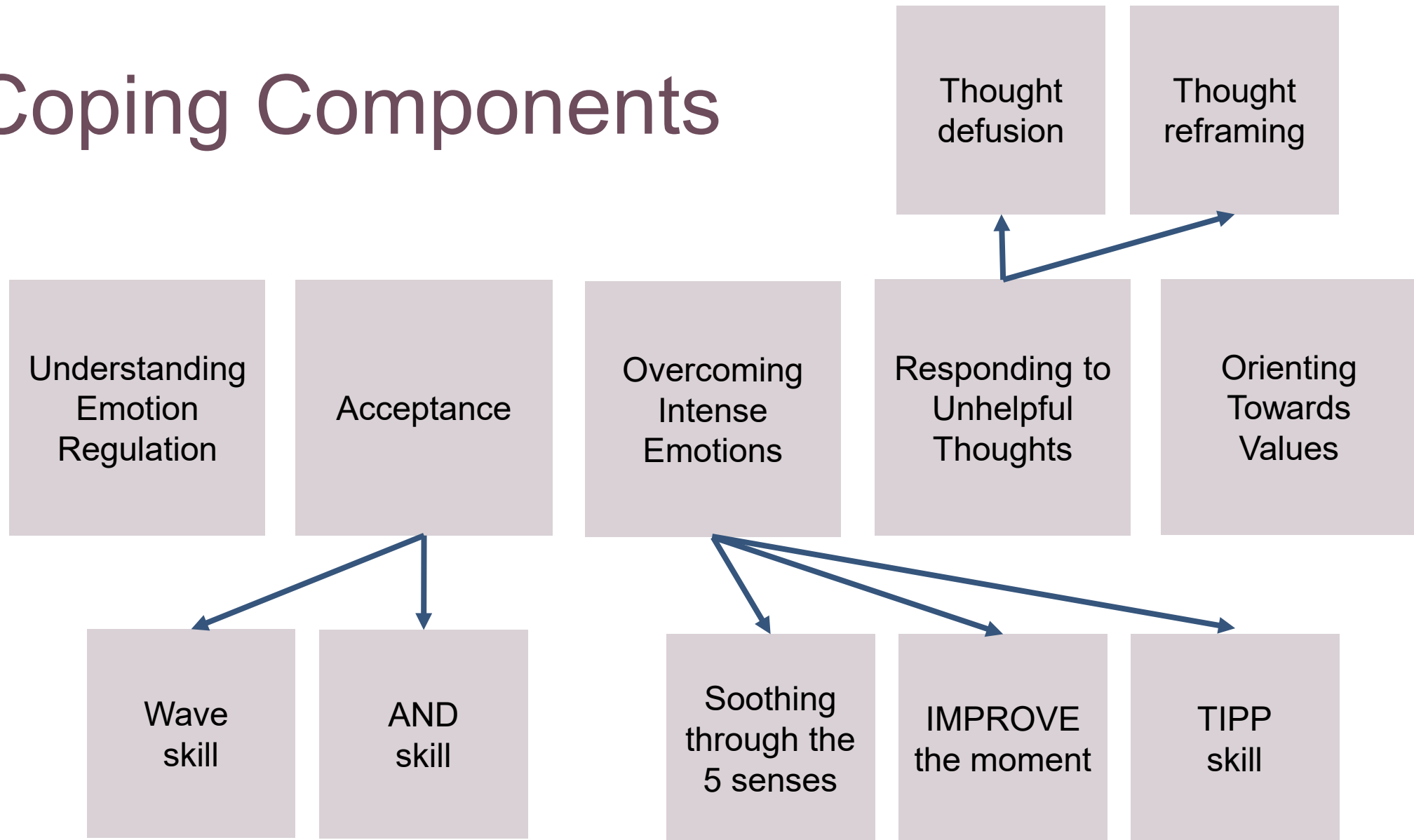
Our Hopes
for Today

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



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.

”

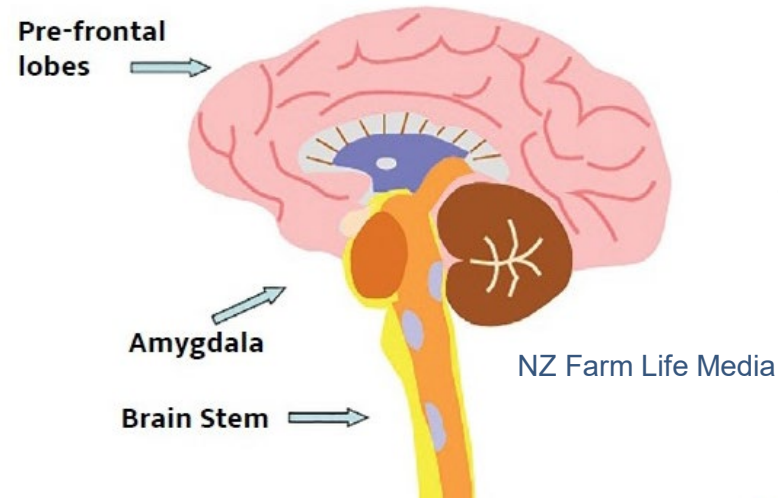
- Elayne Daniels, *Psychologist & Yoga Teacher*

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



Creativityintherapy.com

TIPP (During an Emotional Crisis)

Temperature

Intense exercise

Paced breathing

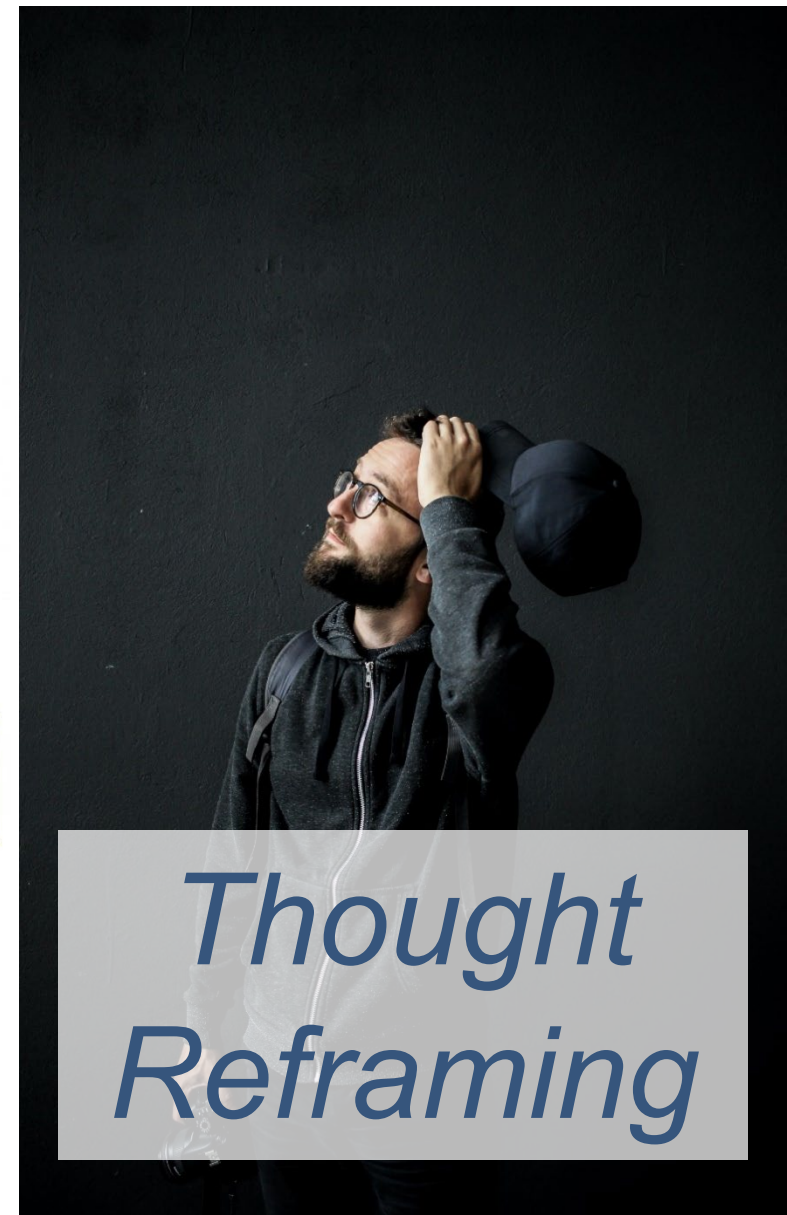
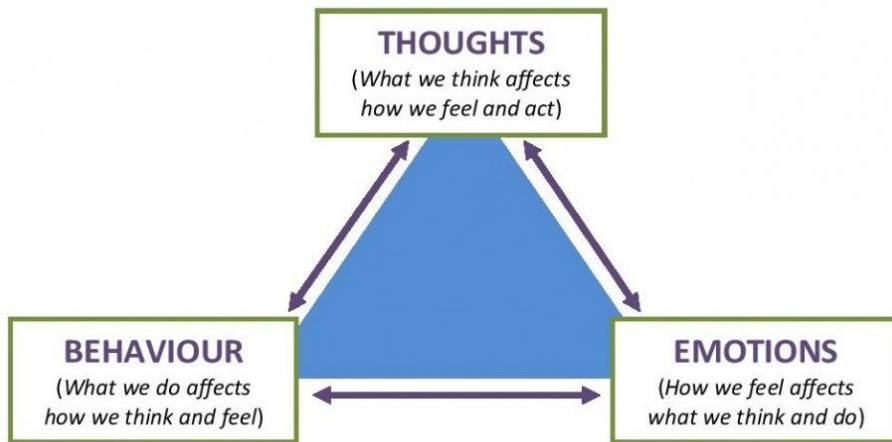
Paired muscle relaxation





*Thought
Defusion*

Responding to Unhelpful Thoughts



*Thought
Reframing*



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

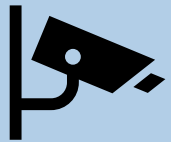
Orienting Towards Values

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



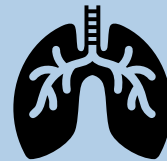
emotional
observer



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