

Self-Care Group Prep

Plan

- Areas of self-care:
 - Emotional
 - Physical
 - Social
 - Professional
 - Spiritual
- Mondays 7:30pm

DBT Pieces

- Mindfulness
 -
- Interpersonal Effectiveness
 -
- Emotion Regulation
 - Checking the facts
 - PLEASE – physical illness, eat a balanced diet, avoid mood-altering substances, sleep well, exercise
 - Focus on positive events
- Distress Tolerance
 - STOP – Stop, take a step back, observe, proceed mindfully
 - Self-soothing – engage five senses
 - ACCEPT – activities requiring thought and concentration, contributing to something meaningful, comparing your situation to something worse, evoking a competing emotion, pushing emotions from your mind, pushing emotions from your mind, thoughts first emotions later, safe sensations created to distract emotions

DBT Stages

1. Stabilize by gaining control over emotions
2. Explore causes of emotional pain
3. Maintain healthy behavior and reasonable goal setting
4. Big picture goals and maintaining stability

Agenda

Session 1 – Intro to self-care and mindfulness

Attendees:

Introduction

- My role – facilitator, interpersonal learning
- What is the group about?
- Intro to this session

Confidentiality

Group Rules

- Respect each other
- Confidentiality
- Listening
- No phones
- Cameras on

Introduction – What is your reason for participating in the group?

Explanation of group

- What does self-care mean to you?
- Mind, body, soul

Self-care activities – throughout these groups, we will introduce several new skills to help up care for ourselves.

- Mindfulness (Mind)
- Distress Tolerance (Soul)
- Interpersonal effectiveness (Body)
- Emotional regulation (Mind)
- Which of these is hard?

What is mindfulness? – Awareness and Acceptance

- Awareness – aware of experiences
- Acceptance – notice without judgement
- Have you ever been physically present somewhere but mentally absent?
- Mindfulness helps with:
 - Overthinking
 - Anxiety
 - Memory
 - Resilience to stress
 - Emotion management

- Acknowledge feelings, Stay focused on the experience, Do what works – let go

Activities

Start with breathing – everything comes back to breathing

- Breathing
 - Hand on the diaphragm
 - How did that feel?
 - **Were you able to focus on breathing?**
- Body Scan
 - What did you feel?
 - Did you have any unwanted thoughts?

Dyads – Talk through your current self care activities and what you plan to do

- **Why are we doing this? – Plastic minds**
 - Training your brain to respond differently to stress
 - Self-care
- 5 senses
 - 5 things you see
 - 4 things you feel
 - 3 things you hear
 - 2 things you smell
 - 1 thing you taste
 - **What did you notice?**

Home practice:

- How can you use these skills this week?
- Diary

Next week:

- Emotional regulation
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References:

DBT: <https://documents.uow.edu.au/content/groups/public/@web/@project-air/documents/doc/uow251368.pdf>

DBT Skills Group: <https://www.triangleareadbt.com/dbt-skills-group-shedule>

DBT 101: <https://eddinscounseling.com/dbt-101-dialectical-behavior-therapy/>

Check in form:

- <https://positive.b-cdn.net/wp-content/uploads/Self-Care-Checkup.pdf>

<https://www.blackdoginstitute.org.au/wp-content/uploads/2022/08/Weekly-mental-health-check-during-COVID-fact-sheet.pdf>

Session 2 – Emotional Regulation

Introductions: Today, we are going to talk about caring for our emotions. We will start by talking about what we discussed last week, review group rules, and watch a short video and have some discussion time.

Review Rules

- Respect each other
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Review last week: Mindfulness – why is this important, what skills did we learn?

Introductions: describe with an emoji

- How did practicing go?
- Did you journal?

What are emotions?

- What are some emotions you have felt this week? (Jamboard)
 - Are these emotions bad or good? Are any emotions bad?
 - What purpose do each of these emotions serve?
 - Fear – self-protection
 - Anger – communicates to others that we need space or feel disrespected
 - Shame – values broken
 - Sadness – shows that something was important and we may need support
 - Love – connection to others
 - Happy – something is important, we are living in line with our goals
- How do emotions relate to self-care?

Video: Empowered to Connect: What is self-regulation?:

<https://www.youtube.com/watch?v=INGgzIO7vOY>

- What is emotional regulation?
- Where do we learn emotional regulation?
- Coregulation
- Do you feel that you are able to self-regulate?

Flip your lid

What are healthy ways to regulate emotions? Unhealthy ways?

PLEASE

- Physical illness
- Eat a balanced diet

- Avoid mood altering substances (social media)
- Sleep well
- Exercise

Check the facts

Practice at home:

- PLEASE – incorporate one healthy snack into your routine
- Check the facts – think of one event in your life and work through the steps

Resources:

Empowered to Connect: What is self-regulation?:

<https://www.youtube.com/watch?v=INGgzIO7vOY>

Emotional regulation handout: <https://selfinjury.bctr.cornell.edu/perch/resources/what-is-emotion-regulationsinfo-brief.pdf>

TBRI Attachment Theory: <https://www.youtube.com/watch?v=nlhATiiM-Pw&list=PL5YSQMYiOBrHc3-qPGMCLaqexfAmJmboL&index=5>

Session 3 – Self-Care Strategy

Revisit previous week

Introductions

Group Rules

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Leaves on the stream

What have you been doing for self-care over the last two weeks?

- Areas of self-care:
 - Emotional
 - Physical
 - Social
 - Professional
 - Spiritual

What would y'all like to learn?

- Trusting people and being more open
- Be able to trust God

Check the facts

Practice at home:

- Meditation
- Check the facts

Session 4 – Interpersonal/ Relationships

Revisit previous week

Introductions

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Video: What is your attachment style?: <https://www.youtube.com/watch?v=gPz4Pbhn0lw>

Attachment Style Quiz: <https://www.attachmentproject.com/>

- What were your results?
- Do you think that is accurate?
- How does your attachment style impact your relationships now?
- What type of attachment style is your partner or best friend?

Creating Secure Attachment: <https://www.therapistaid.com/therapy-article/creating-secure-attachment>

- What are some beliefs you have about relationships? (true or fake)
- What is opposite of your style?
- Do you recognize your own emotions?
- Communicate openly – what is the worst that could happen?
- What are some signs of healthy relationships?
- How do you behave under stress?

Session 5 – Review

Revisit previous week

Introductions

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Review

- Mindfulness
- Emotional regulation
- Self-care
- Interpersonal relationships

Healthy Boundaries Worksheet

Distress Tolerance

- ACCEPT
- IMPROVE

Resources

3 Mind States: Factual, Emotion, Wise/ Observer

- Video clip to show mind states (big bang theory)

Emotion, Stress, and Health: Crash Course Psychology:

<https://www.youtube.com/watch?v=4KbSRXP0wik>