

Feeling Your Feelings: Healthy Distraction

Coping Skills Class



Feeling Your Feelings: What is it?

Feeling is a skill that helps us strike a balance between sticking and stuffing our feelings.

Sticking

Feeling

Stuffing

Feeling Your Feelings: Sticking

Sticking

Feeling

Stuffing

Sticking is a relationship we can have with our emotions in which we are fused with thoughts and feelings, have trouble letting them go, and believe them to be true.



Feeling Your Feelings: Stuffing

Sticking

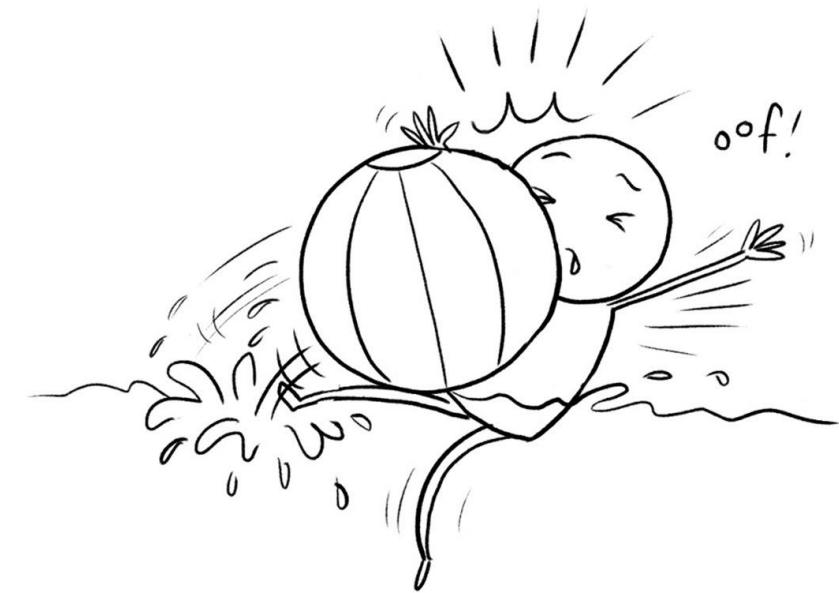
Feeling

Stuffing

A relationship we can have with our emotions in which we do not recognize, validate, or allow them to exist, often causing them to build up in the background.



PUSHING AWAY
DIFFICULT THOUGHTS FEELINGS AND EMOTIONS...



DOES NOT MAKE THEM GO AWAY...
IT CAN MAKE THINGS MORE DIFFICULT !

Feeling Your Feelings: Feeling

Sticking

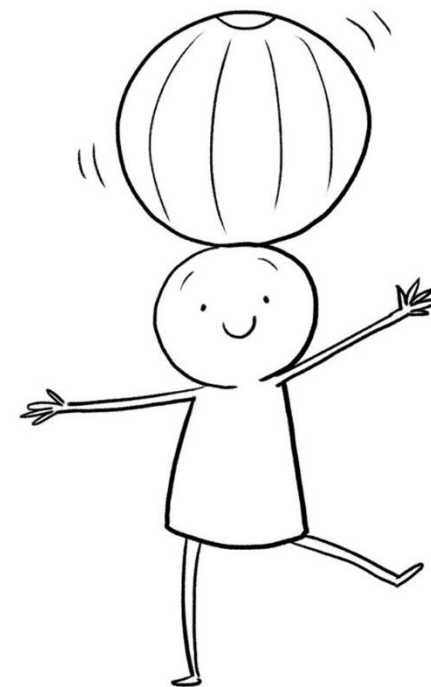
Feeling

Stuffing

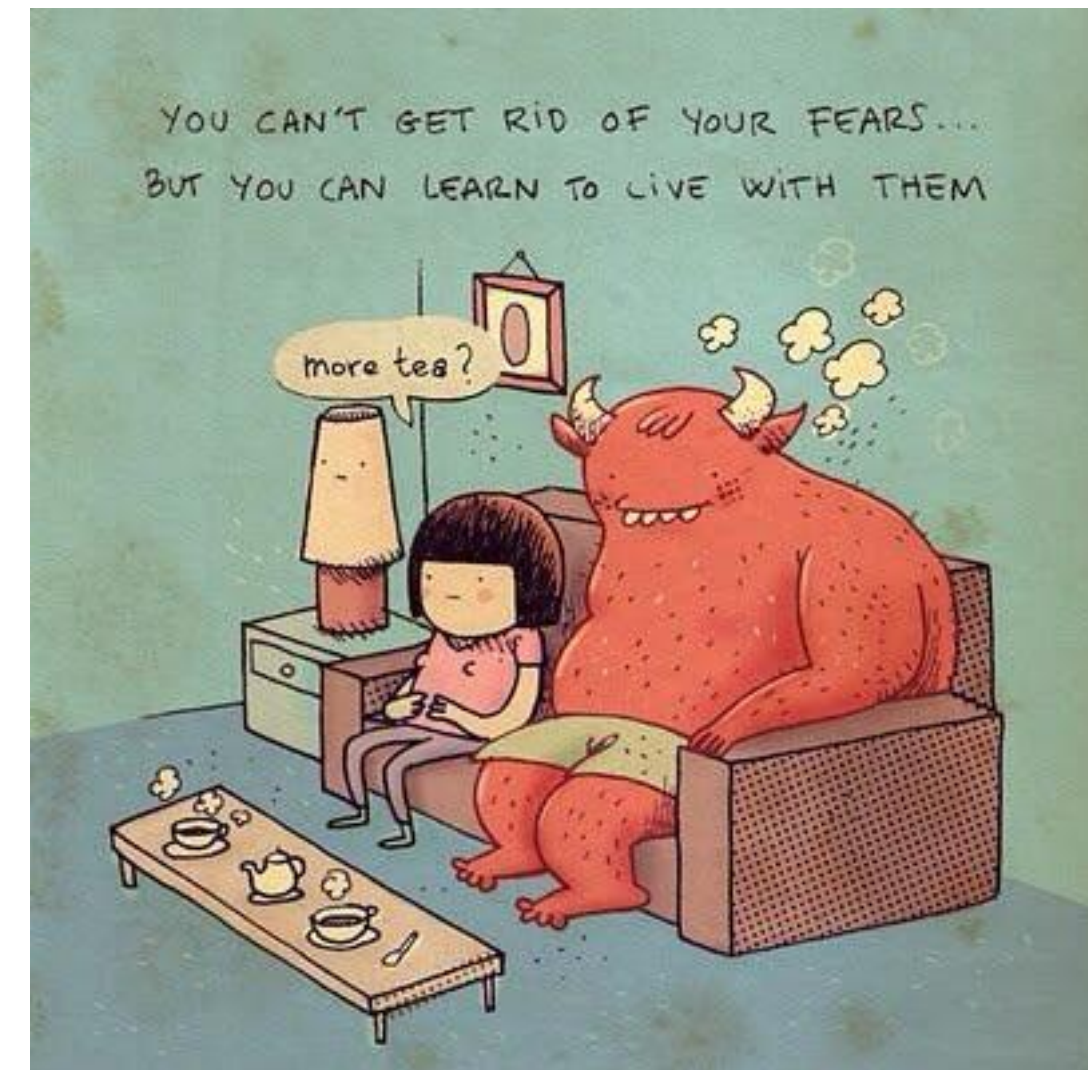
A relationship we can have with our emotions in which we accept them just as they are, without judgement, and with self-compassion.



YOU DON'T HAVE TO LIKE THEM OR WANT THEM..
YOU MAY WISH THEY WERE NOT HERE



BUT COULD YOU BE WILLING
TO ALLOW THEM TO BE HERE...
SO YOU CAN GET ON WITH
WHAT TRULY MATTERS TO YOU ?



How to Get Unstuck: Healthy Distraction

When we stick, we feel stuck. While we don't want to stuff or avoid our emotions, there is a way to healthfully distract from strong emotions or thoughts.

How would you describe the difference between avoidance and healthy distraction?

When to distract:

- Spiraling
- Ruminating
- No immediate solution in sight
- Emotions are too high



Healthy Distraction: ACCEPTS

This is the skill to use when distraction can help you take a break from emotional distress until we are ready to come back and address or process the situation.

A

Activities

C

Contributing

C

Comparisons

E

Emotions

P

Pushing Away

T

Thoughts

S

Sensations



Kinwell

Healthy Distraction: Self-Soothing

Self-soothing is a skill that involves doing things that feel pleasant, comforting, and relieving.

We can self-soothe through the five senses: seeing, hearing, tasting, smelling, touching.

sweater candles music
shower fireplace flowers
bath tea cookies
blanket pets walks hugs
rainfall



Healthy Distraction: Make a Goal!!

First, make sure to have your list of healthy distractions made and at the ready.

Make a goal to engage in healthy distraction when you notice yourself enter a state of distress.

When making goals, consider using the SMART framework.

I will make a list of ACCEPTS skills and post it on my fridge by next week.

Setting SMART Goals:



Specific

The goal is concrete and tangible - everyone knows what it looks like.



Measurable

The goal has an objective measure of success that everyone can understand.



Attainable

The goal is challenging, but should be achievable with the resources available.



Relevant

The goal meaningfully contributes to larger objectives like the overall mission.



Timely

This goal has a deadline or, better yet, a timeline of progress milestones.