

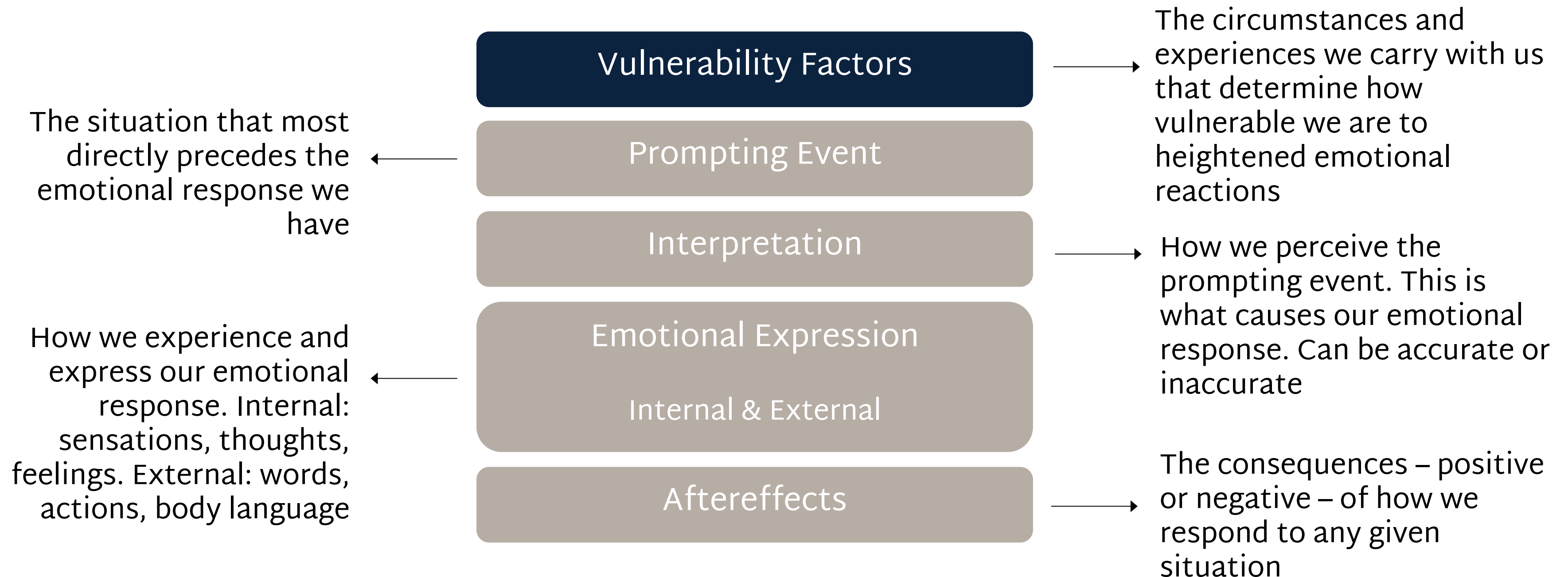
Model of Emotions: Motivation

Coping Skills Class



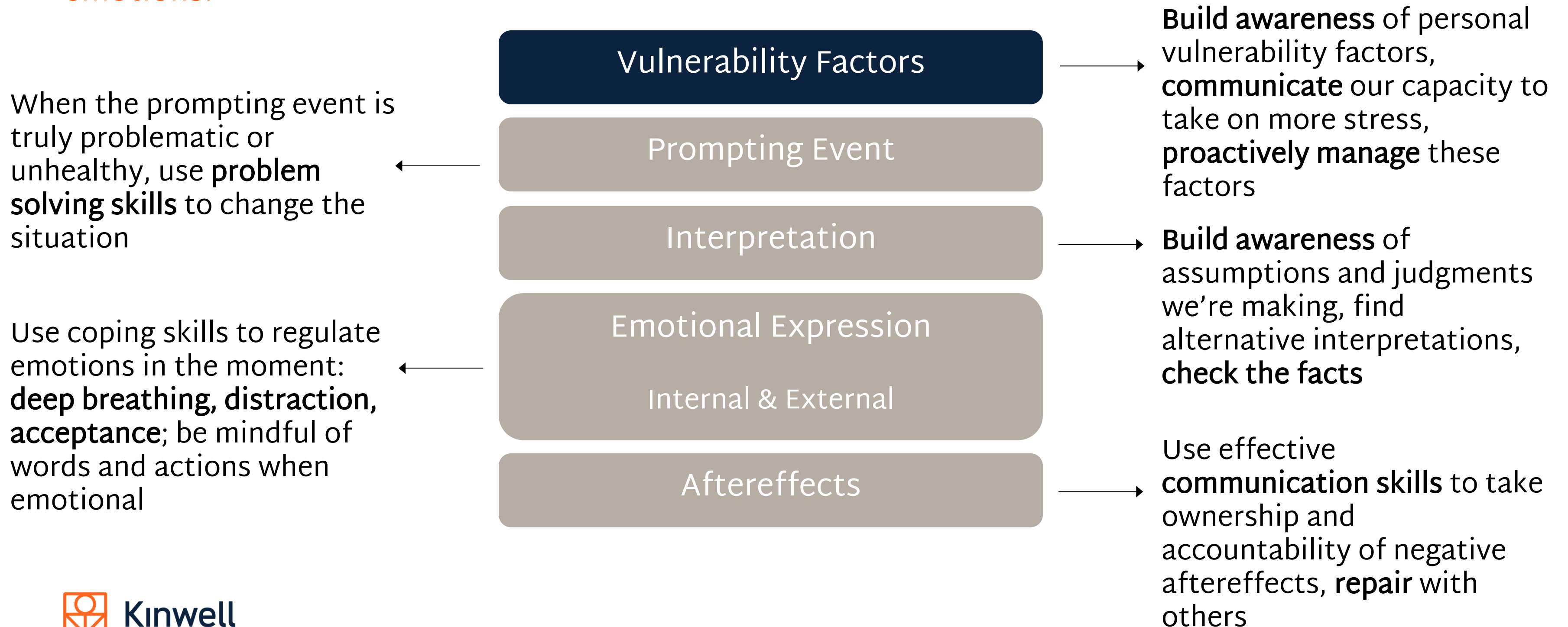
Model of Emotions: What is it?

The Model of Emotions describes how an emotional experience unfolds.



Model of Emotions: How to Use It

Each part of the Model of Emotions provides an opportunity to use a skill and regulate our emotions.



Vulnerability Factors: What Are They?

Vulnerability Factors are the circumstances and experiences we carry with us that make us more susceptible to having a heightened emotional reaction.

VFs can be in the near or distant past.

Near:

- Poor sleep
- Hunger
- Work stress
- Family stress
- Sickness
- Chronic health issues
- Substance use
- And many more

Distant:

- Trauma and abuse
- Adverse childhood experiences
- Adverse adult experiences
- And many more

What are
some of your
Vulnerability
Factors?

Vulnerability Factors: Self-Compassion

With awareness of our VFs, we can cut ourselves some slack.

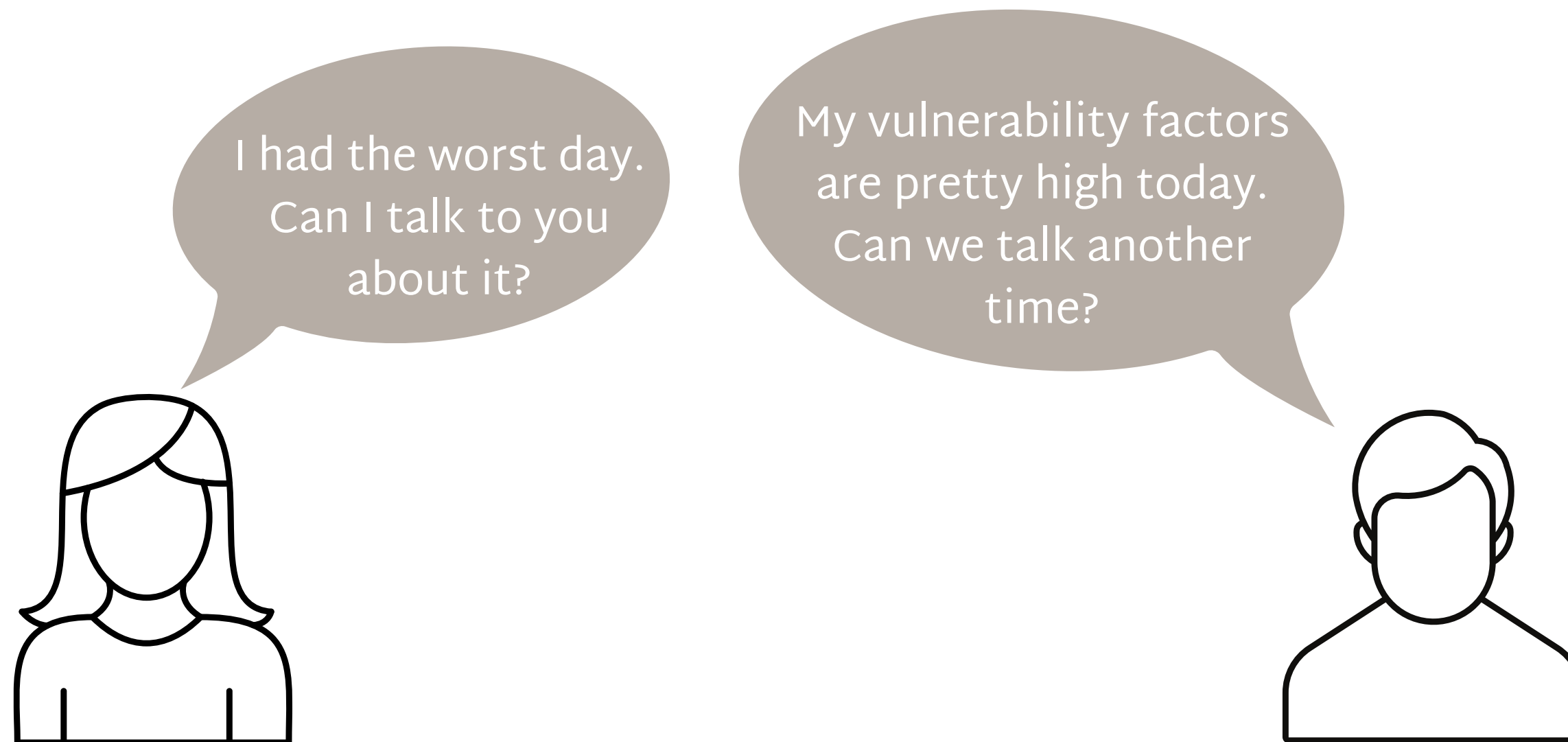
When vulnerability factors are high, you probably can't handle the stressful situations or heavy conversations you'd be able to when they are low. It's okay to give yourself grace for this!



Vulnerability Factors: Effective Communication

With awareness of our VFs, we can communicate our boundaries and needs more effectively.

When vulnerability factors are high, you probably can't handle the stressful situations or heavy conversations you'd be able to when they are low. This is okay to communicate!

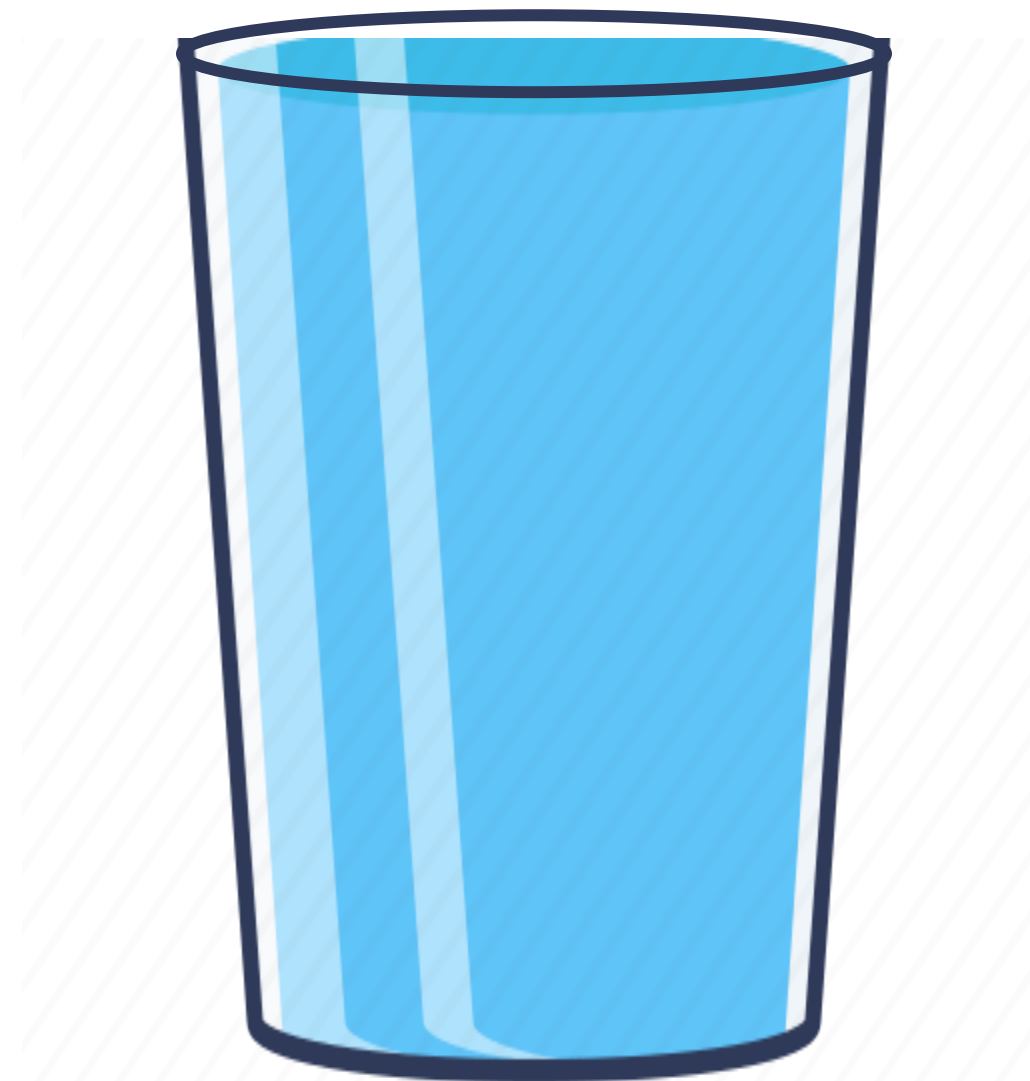
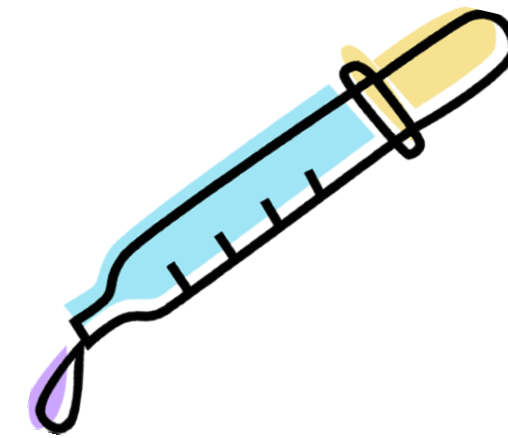


Vulnerability Factors: How to Manage

Having a lot of vulnerability factors is like having a glass filled to the brim.

There is no room for more stress or more problems; one more drop and the glass will overflow.

The key is to lower the waterline.

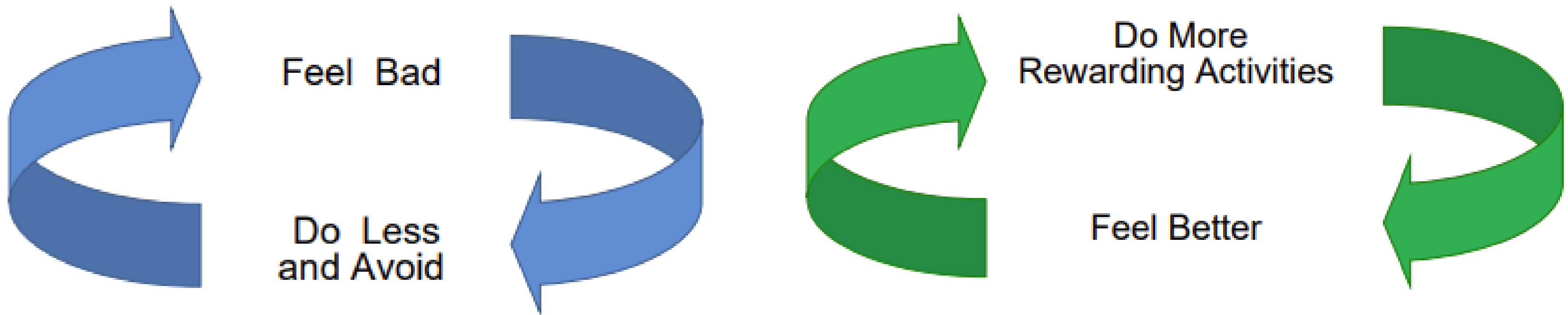


Vulnerability Factors: A Vicious Cycle



When we feel bad, we have a tendency to do less of what can lower the waterline.

We get caught in a vicious cycle of doing less and feeling worse. We can replace this cycle with a more virtuous one.



Vulnerability Factors: Pleasant Activities

There are areas of life we need to foster to lower vulnerability factors.

Engaging in a variety of activities that hit on the areas depicted here is important for optimal brain wellness.



Vulnerability Factors: Break the Cycle

Knowing the activities that work best for you to manage vulnerability factors is the first step to breaking the cycle.

Make a list of physical and pleasant activities that are important to you and rate their difficulty.

	ACTIVITY	DIFFICULTY: E = Easy M = Medium H = Hard
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

Vulnerability Factors: Make a Plan

Research shows the more specific we are with a goal, the more likely we are to engage with it.

Pick 1-2 activities you listed and slot them into your week. Be specific as possible when, how, and where you will do this.



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.



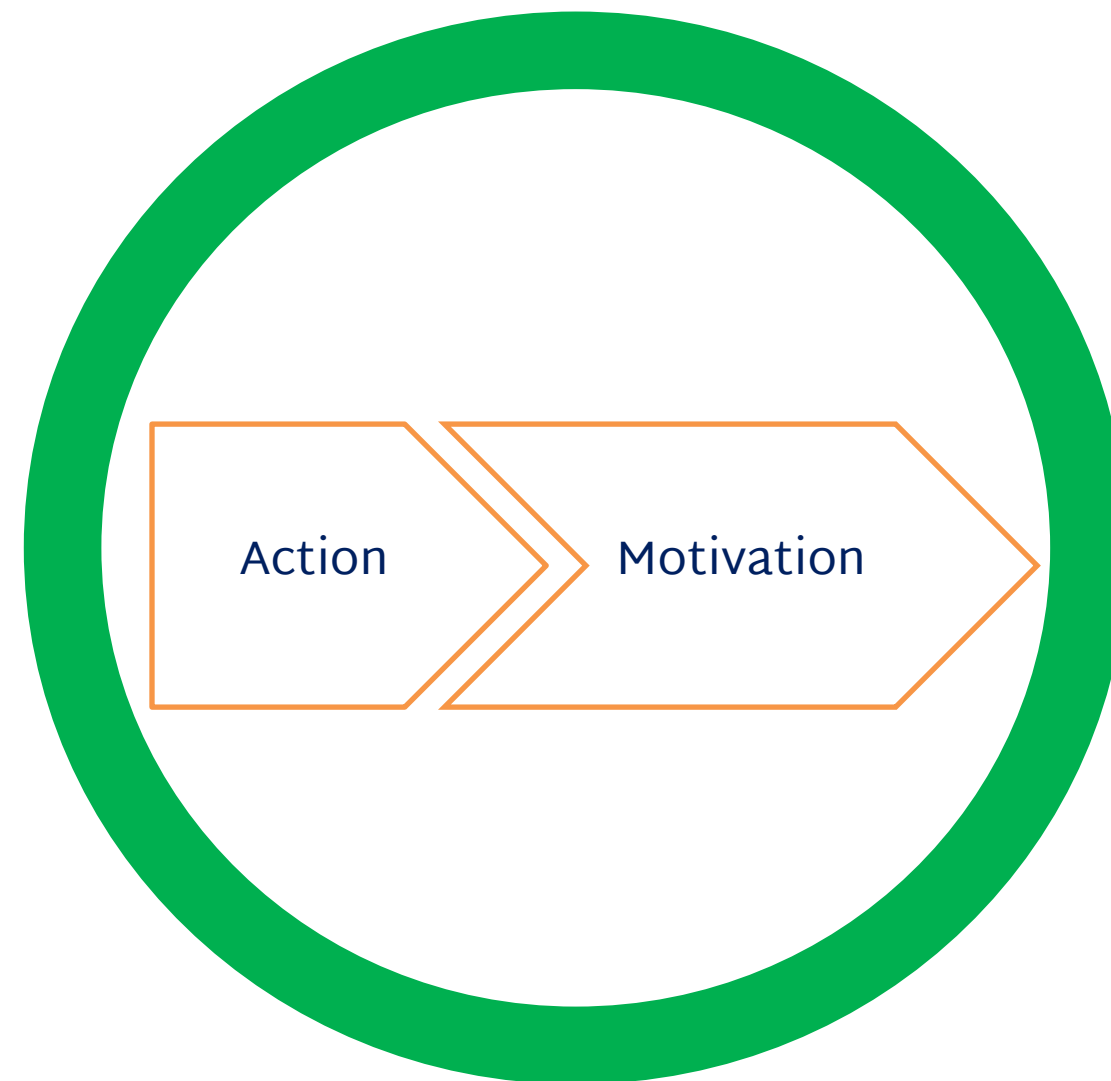
Timely
This goal has a deadline or, better yet, a timeline of progress milestones.

Daily Activities			How satisfied did you feel? Rate from 0 to 10: 0 = Not Satisfied At All 10 = Extremely Satisfied	Completed ✓
Day	Date	Activity (What? Where? When? With Whom?)		
Monday				<input type="checkbox"/>
Tuesday				<input type="checkbox"/>
Wednesday				<input type="checkbox"/>
Thursday				<input type="checkbox"/>
Friday				<input type="checkbox"/>
Saturday				<input type="checkbox"/>
Sunday				<input type="checkbox"/>

Vulnerability Factors: Low Motivation

A common barrier people experience to engaging in healthy and pleasant activities is low motivation.

It's a bit of a myth that action follows motivation. In reality, motivation follows action. So we create motivation by breaking activities into baby steps.



Vulnerability Factors: Baby Steps

To combat the barrier of low motivation, we break an activity into baby steps and hold our selves accountable to one step at a time.

Activity: Go to the gym (but you're currently on the couch)

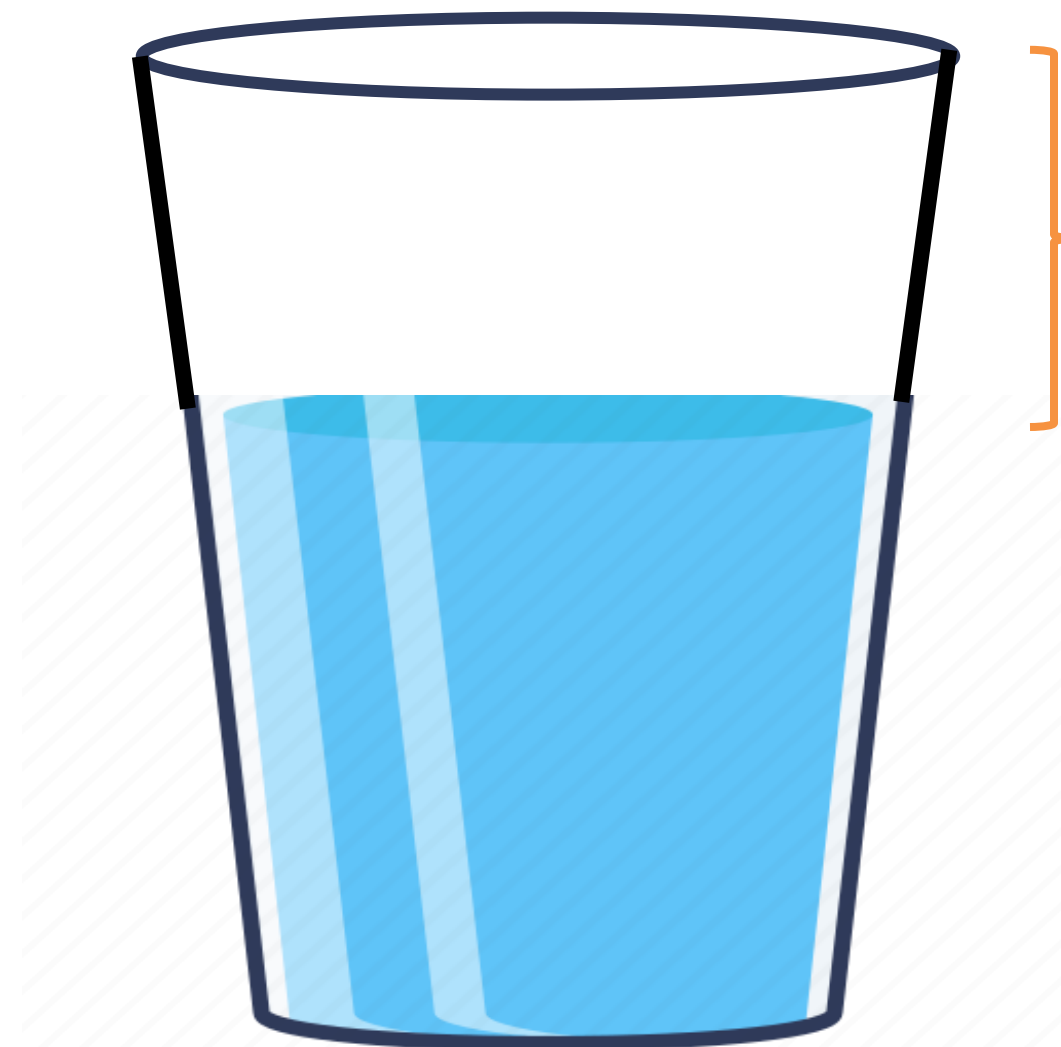
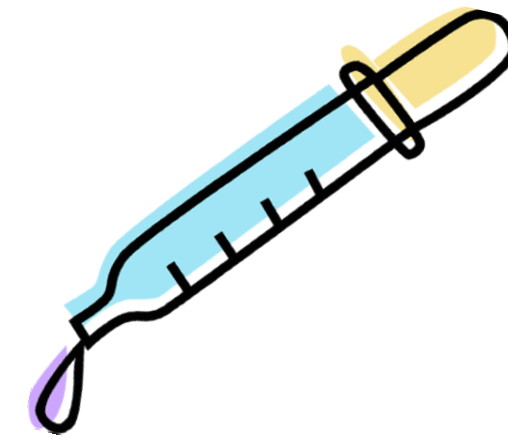
1. Stand up from couch
2. Walk towards closet
3. Pick out workout clothes
4. Change into workout clothes
5. Find gym bag
6. Put water bottle and snack in gym bag
7. Pick up gym bag
8. Walk to get keys
9. Walk to car
10. Get in car
11. Drive to gym
12. Walk into gym

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Pleasant and
rewarding
activities