



PART 2 – Effectively Managing a Family Crisis

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Goals

Part two teaches family members to effectively manage stress in the “Yellow Zone” so as to prevent a “Red Zone” crisis – which makes suffering worse than it already is.

The main goal in this webinar is to explore tools that the family is already using to stay in the Yellow Zone. Together, we will introduce new techniques to quickly identify stressors and discuss new tools to reduce the severity of the pain – so as not to go into the “Red Zone”.

I will be asking questions so please chat or un-mute yourself to chime in.

Who is Spectrum?

- ▶ Spectrum Healthcare Group is a structurally integrated healthcare provider of physical and behavioral health services in various locations in Yavapai County.
 - ▶ Behavioral Health services include
 - ▶ Psychiatry
 - ▶ Counseling - Groups and Individual Psychotherapy treatment
 - ▶ Case Management
 - ▶ Mobile crisis team
 - ▶ Physical services include
 - ▶ Primary Care
 - ▶ LabCorp
 - ▶ Pharmacy Now partnered with CVS for weekends
- ▶ Offices in Cottonwood, Sedona, Camp Verde and Prescott

Review of the “Red Zone”

- Crisis: “a time of intense difficulty, trouble, or danger.”
- In the last training, we discussed situations and stressors that lead to warning signs of a crisis.
- We learned how to use our own skills to work to manage the crisis and if our efforts are ineffective, how to reach out for crisis support.
- We reviewed the Crisis Prevention Plan and engaged in two role plays to display how a parent would contact crisis and how a de-escalation and safety plan may look.

IN THE YELLOW

If one is in the “Yellow Range”, the suffering is Moderate and usually manageable. The Skills that are reviewed in the Yellow Zone are to

- Reduce emotional vulnerability
- Balance strong emotions and thoughts (to avoid going into the Red Zone).
- Build positive experiences daily
- Build a sense of mastery and competency to manage stressors effectively



Why Learn to Regulate Emotions in the Yellow Zone?

- ▶ **To quiet the body** - High emotions can lead to high stress which can lead to the Red Zone.
- ▶ **To quiet behaviors** - Intense emotions can lead to intense choices as means to cope.
- ▶ **To make the “Wise Part” of you easier to find** - Strong emotions can block out the creative, intuitive, flexible, and value-based part that can come up with alternatives.
- ▶ **To be more effective in meeting goals** - It is easy to forget goals under stress.
- ▶ **To improve self-respect** - Making calm choices leads to better feelings about ourselves. Overcoming a strong thought or urge to move into the Red is a great reason to celebrate and validate one’s own efforts.

Healthy Perspectives on Emotion

- ▶ Emotions are neither Good or Bad, right or wrong. Feelings just ARE. They exist. It is not helpful to judge your emotions.
- ▶ There is a difference between HAVING an emotion and ACTING on the emotion.
- ▶ Emotions don't last forever. No matter what you are feeling, eventually, it will lift and another emotion will take its place.
- ▶ Emotions are not FACTS. When emotions are very powerful they feel just like "The truth".
- ▶ You cannot get rid of emotions because they serve important survival and experiential functions. Be willing to accept, with non-judgement, your emotions as they arise.

Emotional Life Goals are to :

- ▶ Understand your emotions
- ▶ Reduce your vulnerability to them
- ▶ Decrease emotional Suffering

Coping Self-Talk

- ▶ In order to help us cope and stay in the situation, we can use positive statements such as:
- ▶ “Concentrate on what is going on....not how I feel.”
- ▶ “This is just anxiety; it is an unpleasant feeling, but I’ve never been ill.”
- ▶ “Concentrate on what I have to do.”
- ▶ “I know I am going to be OK.”
- ▶ “The feelings always pass.”
- ▶ “Relax and think positively.”
- ▶ “One step at a time.”
- ▶ “Anxious feelings are unpleasant, but not harmful or dangerous.”

What self-talk do you use when you have strong emotions?

Question

- ▶ If your emotional health is out of balance, how might your physical health suffer?

- ▶ If your emotional health is out of balance, how might your mental (cognitive) health suffer?

SKILLFULLY...reduce vulnerability to strong emotions

- ▶ Self care can really suffer when one is struggling with mental health or other stressors often because the symptoms themselves (fixating/ruminating, feeling anxious, depressed) interfere with using the skills in the first place.
- ▶ Just a lack of self-care can cause or make problems worse and then you're in the Red zone where it gets EVEN more stressful!
- ▶ The way to break this cycle is to get new habits on board and work hard towards achieving balance in self-care.

Question

- ▶ What PHYSICAL self-care activities can you engage in to assist in achieving balance?

Sleep Hygiene

- ▶ Sleep only as much as you need
- ▶ Get up at the same time every day
- ▶ Make sure your bedroom is comfortable and free from light and noise
- ▶ Eat regular meals and do not go to bed hungry
- ▶ Avoid excess liquids in the evening
- ▶ Cut down on all caffeine products
- ▶ Don't take your problems to bed
- ▶ Do not bring phones or other devices to the bed. Read a book, draw.
- ▶ Do not try to fall asleep instead, leave the bedroom and go to another room to read a book, draw, until you are sleepy.
- ▶ Put the clock away. Clock watching may lead to frustration and worry. If you wake up, don't reinforce waking up by looking at the clock.
- ▶ Create a sleep routine as a family.

Build Positive Experiences Daily

- ▶ Short-Term: Do pleasant things that are possible NOW. Make a list of Joyful experiences that you can have every day. Ideas?
- ▶ Long-Term: Work towards goals and make a list of positive events you want in your life. List small steps toward the goals. Take the first step.
- ▶ Attend to Relationships: Repair old relationships, reach out for new relationships, work on current relationships.
- ▶ Make a list of things that interrupt enjoyment for you and be prepared to Turn your Mind when these things appear.
- ▶ Fill schedule holes so boredom doesn't overtake you. Have activities booked into your day to keep you from the Red Zone and stick to your schedule.

- ▶ Thoughts?

Positive Self-Talk

As we are about to enter a situation or face something that we find daunting, we can help ourselves to prepare with positive statements such as:

- ▶ “It’s not going to be as bad as I think.”
- ▶ “It won’t last long and I can cope.”
- ▶ “I am getting better and need to re-build my confidence.”
- ▶ “If I do get bad feelings, I know they won’t last long and I can cope with them.”
- ▶ “It’s better to go than not to go. Worry doesn’t help.”
- ▶ “I might enjoy it if I go.”

- ▶ What are some of your examples?

Build Mastery and Decrease Suffering

- ▶ **VALIDATE** your feelings and the voice that says “I don’t want to!” Focus on validating what you are doing to stay in the yellow and not go into the red. Practice Daily affirmations and remind yourself that you have a right to be happy, learn, and grow - despite challenges going on around you.
- ▶ **IMAGINE** - Imagine yourself completing tasks peacefully and productively. How would you like to feel at the end of the day?
- ▶ **TAKE SMALL STEPS** - Break projects down into smaller steps. Set achievable goals and realistic time frames. The progress towards a goal is what counts.
- ▶ **Sweeten the Pot** - Build pleasure before/during/and after a task. Reward your efforts and enjoy the accomplishment.
- ▶ Be **GENTLE** with yourself and your family members. Remind each other that success takes work and is like running a marathon vs. a sprinting contest. Take time outs and be patient with yourself and one another.

Summary

- ▶ Reduce your vulnerability to stress by taking care of yourself first. If you feel yourself creeping into the Red Zone, STOP! Get something to eat if you are hungry, stay hydrated, take a break and get outside in the sun, take a hot shower or a nap. Listen to some music and get your dance party on. Then, get back to the task when you are in the Yellow/Green zones.
- ▶ Exercise daily and get quality sleep.
- ▶ Find Joy in your journey. Have a list of things you are doing WELL in your life, no matter how small. Try to make a task you don't want to do (like answering e-mails) and make it enjoyable by playing some music or lighting a scented candle.
- ▶ Be patient and gentle with yourself if you didn't get everything done you had hoped to. Stick with your schedule and try to have fun with your tasks every day.
- ▶ Behaviors such as these will help you to build mastery over suffering and not let fears, worries, or stressful situations bring you into the Red Zone.

Final Session on Friday

- ▶ We will be examining what the Green Zone looks like and what you are already doing well.
- ▶ We will learn how to assist others in coming to the Green Zone and how to validate their progress.



Contact information for spectrum crisis

Mobile Crisis Team

The mobile crisis team is staffed with specially trained crisis response specialists, and coordinates with Spectrum psychiatry, primary care providers, nurses, and counselors. To reach crisis services,

call 928-634-2236.

RESOURCES

WEBSITES

- <https://www.nimh.nih.gov/index.shtml>
- <https://www.pbisworld.com/tier-1/teach-coping-skills/>
- This link below will bring you to a Coping Skills workbook that is free 😊
- <https://www.bcbe.org/cms/lib/AL01901374/Centricity/Domain/1760/Coping%20Skills%20Toolkit.pdf>