



PART 3 – You Are Doing Better Than You Think You Are

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# Goals

Part three teaches family members to identify family culture and norms that already work to maintain an environment where there is thriving versus coping.

Together, we will learn about new ways to quickly move from the red, to the yellow, to the green zone where acceptance of “a bad covid day” is easier to grasp.

There will be role-playing and behavioral rehearsal opportunities so you can practice with the team. It is our hope that at the end of part three, you will be both inspired and excited to use the new tools and have a feeling of being supported by Spectrum’s clinical team.

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 in the Yellow Zone aim 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



# The Green Zone: Thriving instead of Coping!

- ▶ When a family is in the “Green Zone”, there are interactions with one another that foster learning, curiosity, and adventure.
- ▶ In the Green Zone, insight about how the family is managing the challenges is also gleaned, and new awareness about the strengths of each person comes to light
- ▶ **Do you know that you are doing better than you think you are?** The research on Positive Psychology has been out for quite a while now! We know that if these tools are practiced daily, and with your family members, you can stay in the Green Zone for longer periods of time.

# 1. Practice Gratitude

“**Gratitude** turns what we have into enough.” - Anonymous.

- ▶ Gratitude is the quality of being thankful, having a readiness to show appreciation for and to return kindness.
- ▶ Research finds that when you practice being thankful for what you do have, instead of wishing for what you don't, the practice leads to better relationships, improved sleep, more openness, curiosity, and overall joy in daily life.
- ▶ **You're doing better than you think you are!** How do you already show gratitude in your family? How do your family members show you gratitude?

# Expressing Gratitude

- ▶ Expressing gratitude can quickly lift your spirits and the mood of someone else!
  - ▶ Be SPECIFIC as possible when validating someone or expressing gratitude.
    - ▶ Instead of saying “I am grateful for my daughter,” what specifically do you appreciate about them?
- ▶ Start a family gratitude habit! At the end of the night or around the table, say three things that you appreciate about each family member or about the family as a whole.
- ▶ Leave gratitude notes for your family members to find. This is also a great idea for friends as well!
- ▶ Write a gratitude letter. This has been a very stressful year and taking the time to let someone know how they have helped you (no matter how small) is an excellent way to practice gratitude and reap the feel-good rewards! Writing thank-you letters to any of your medical or mental health providers is always appreciated!!!

## 2. Help Out!

- ▶ Helping out not only benefits those you are assisting, but enhances your own positive feelings of worthiness and positivity.
- ▶ **You're doing better than you think you are!!!** How do you help out your family and how does your family help you out?
- ▶ How are you or family members helping out in the community or through on-line activities?
- ▶ Have a family meeting and set goals with ways that you can help out in the family and in the community. Be creative and have fun with exploring possibilities to make a difference!

# 3. Stay Connected!!

- ▶ Individuals who have good relationships tend to be happier and healthier! Our social relationships and the relationships with our family members are fundamental to our well-being.
  
- ▶ **You're doing better than you think you are!** How are you staying connected with your family members and how are they staying connected with you?

Zoom, Skype, FaceTime, etc. Meetup.com still has meet ups where social distancing and wearing masks are utilized. Camping, outdoor activities can also bring together connectedness.

## 4. Let Yourself Laugh!

- ▶ Laughter is WONDERFUL and boosts your immune system, reduces stress, eases pain, and improves mood overall. When you laugh with others, you get double the benefits and the activity helps us overcome challenges and weather the stress together.
- ▶ **You're doing better than you think you are!** How do you incorporate humor/ laughter into your family culture? How do others in your family help you get a good laugh in if your mood is low?
- ▶ Set up family skits and improvisation acts, watch funny movies/stand up comedy, tell jokes, try some specific laughing activities like laughing yoga!

# 5. Slow down and Reflect

- ▶ When you are thriving in the Green Zone, now is the time to validate yourself and what you have overcome in the day, week, or past month/year. Breathe in deeply and honor the willpower and strength that you have to keep going - despite the suffering involved. You have overcome a lot in life and daily reminders of your resiliency, grit, and determination need to be a part of your routine! Meditation and guided imagery exercises can also help.
- ▶ **You're doing better than you think you are!** How do members of your family validated one another's' successes when they overcome an obstacle? How do members of your family validate your efforts?
  - ▶ Start a journal documenting how you are managing difficult times. When you reflect on them, you will be reminded of how you dealt with the challenges.
  - ▶ Display pictures of yourself having good times, achieving a success, or helping out! Have pictures of your friends and family thriving and stay committed to making new memories!
  - ▶ Ask for feedback from your friends and family if you cannot see any successes in the past few days or weeks. Others have noticed, sometimes you need to ask them to remind you.

# Resources

- ▶ [https://wellness.asu.edu/sites/default/files/diy-wellness\\_2/positive-affirmations.pdf](https://wellness.asu.edu/sites/default/files/diy-wellness_2/positive-affirmations.pdf)
- ▶ <https://positivepsychology.com/gratitude-exercises/>
- ▶ [https://www.bjela.org/sites/default/files/uploaded\\_files/ECE/Mindfulness%20Activities-%20Positive%20Psychology.pdf](https://www.bjela.org/sites/default/files/uploaded_files/ECE/Mindfulness%20Activities-%20Positive%20Psychology.pdf)
- ▶ [file:///vvggcdfs01/userredirect\\$/beckyl/My%20Documents/WEBINAR%20-%20Rona/LaughterYoga\\_0.pdf](file:///vvggcdfs01/userredirect$/beckyl/My%20Documents/WEBINAR%20-%20Rona/LaughterYoga_0.pdf)



# 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.**



# The End!

Thank you joining the webinar series and we hope to see you soon!