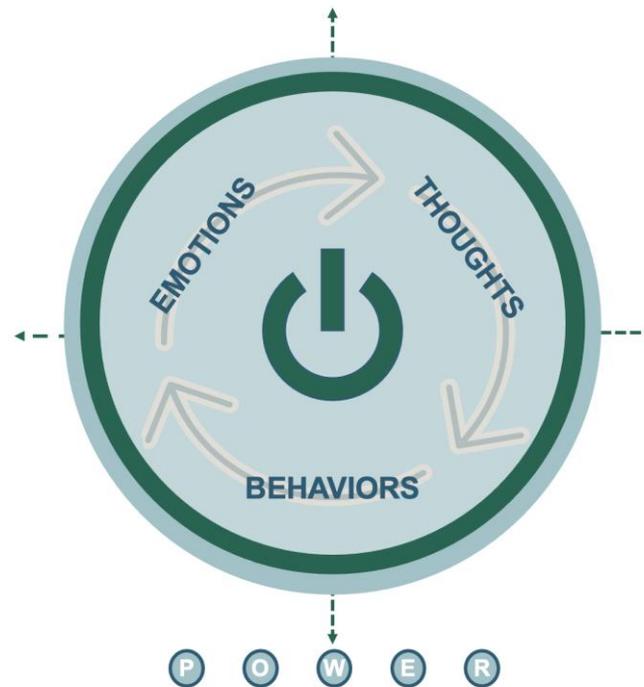


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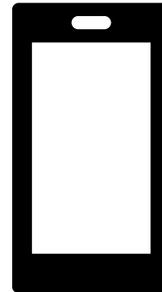
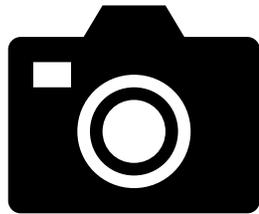
Positive Outcomes With Emotion Regulation



Challenge Book

Week 1 Challenge

Choose a photo of something you'd like to share with the group during the next group meeting!
It might be a photo of a pet, your favorite place, you, or even your favorite food.
If you can't show a physical or virtual picture of this thing, you can tell the group about this thing.



Check when completed:

- I packed the picture I'd like to share with the group.** If I don't have a picture, I thought of something I'd like to tell them about, instead.



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Week 2 Challenge

Choose a song that's related to your emotion goal!

My emotion goal:

Feeling less (circle one):



Bored



Lonely



Sad



Upset



Stressed



Nervous

Something else:

And feeling more (circle one):



Calm



Relaxed



Content



Happy



Excited



Alert

Something else:

A song that makes me feel this way:



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The POWER Program | Week 2: Recognizing and Labeling Emotions

Week 3 Challenge

Choose at least one strategy to use this week!

If your emotion goal is to feel less:	If your emotion goal is to feel less:																						
 Upset,	 Stressed, or																						
 Nervous	 Bored,																						
 Lonely, or	 Sad																						
...and to feel more:	...and to feel more:																						
 Calm,	 Relaxed, or																						
 Content	 Happy,																						
 Excited, or	 Alert																						
...choose a relaxation strategy to help you deactivate. <i>(Circle one or more.)</i>	...choose a behavioral activation strategy. <i>(Circle one or more.)</i>																						
<p>Deep Breathing</p> <p>Progressive Muscle Relaxation</p> <p>Taking Time</p> <ul style="list-style-type: none"> Go for a walk Put your head down Get a drink of water Go into the hallway or another room <p>_____</p> <p>_____</p> <p>_____</p>	<table border="0"> <tr> <td>Hang out with a friend</td> <td>Play cards or a game</td> </tr> <tr> <td>Write in a journal</td> <td>Do a puzzle</td> </tr> <tr> <td>Write a blog or poem</td> <td>Listen to music or a podcast</td> </tr> <tr> <td>Draw, paint, color, or craft</td> <td>Play an instrument or sing</td> </tr> <tr> <td>Cook or bake</td> <td>Watch a movie</td> </tr> <tr> <td>Read a book or magazine</td> <td>Rearrange your room</td> </tr> <tr> <td>Take photos</td> <td>Go (window) shopping</td> </tr> <tr> <td>Go for a walk, run, or bike ride</td> <td>Visit a library or museum</td> </tr> <tr> <td>Do yoga</td> <td>Visit a place of worship</td> </tr> <tr> <td>Play a sport</td> <td>Volunteer</td> </tr> <tr> <td>Play with a pet or child</td> <td>Explore somewhere new</td> </tr> </table>	Hang out with a friend	Play cards or a game	Write in a journal	Do a puzzle	Write a blog or poem	Listen to music or a podcast	Draw, paint, color, or craft	Play an instrument or sing	Cook or bake	Watch a movie	Read a book or magazine	Rearrange your room	Take photos	Go (window) shopping	Go for a walk, run, or bike ride	Visit a library or museum	Do yoga	Visit a place of worship	Play a sport	Volunteer	Play with a pet or child	Explore somewhere new
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Relaxation Strategy Instructions

Deep Breathing



Breathe in for 4 seconds: Inhale air deeply through your nose, into your lungs. Feel that air in your nose, and feel your lungs and belly expand. This feels similar to what you do when you smell something good.

Hold that breath for 4 seconds: Count to 4 as you hold that breath in your belly.

Breathe out for 4 seconds: Slowly let the air through your lungs and out through your mouth for 4 seconds. Feel that air in your mouth, and feel your lungs and belly sink. This light, slow exhale feels similar to what you do when you are blowing on hot food that you don't want to spill or splatter, like soup.

And rest for 4 seconds: Take 4 seconds of rest before you start again.

Use this script to guide your practice:

- Breathe in *pause 2 pause 3 pause 4 pause.*
- Hold it *pause 2 pause 3 pause 4 pause.*
- Breathe out *pause 2 pause 3 pause 4 pause.*
- And rest *pause 2 pause 3 pause 4 pause.*



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Muscle Relaxation

To begin, get yourself into a comfortable position. Adjust how you are sitting or, if it's appropriate for your setting, choose to lie down.

As you continue, pay attention to your body. If you feel pain or discomfort, pause your practice and move on to the next muscle group.

First, notice how your body feels at this moment. Begin deep breathing, using your count of 4 to breathe in, hold your breath, breathe out, and rest.

Pay attention to your **feet**. Tense your feet by curling your toes up towards the ceiling and stretching the arch of your foot. Hold onto the tension and notice what it feels like. Hold it for 4 seconds. Release the tension in your foot. Notice what that feels like.

Next, bring focus to your **lower legs**. Tense the muscles in your calves by pointing your toes. Hold them tightly and pay attention to the feeling of tension. Hold it for 4 seconds. Release the tension in your lower legs. Notice what that feels like. Continue to take deep breaths.

Focus on your **upper legs**. Squeeze your thighs together. Hold them tightly and feel the tension. Hold that for 4 seconds. Release the tension in your upper legs.

Next, tense your **stomach and chest**. Suck in your stomach. Squeeze and hold the tension for 4 seconds. Hold it for 4 seconds. Release the tension. Notice what it feels like for your body to go limp. Continue to take deep breaths.

Now tense the muscles in your **back** by bringing your shoulders together behind you. Hold them tightly. Tense them as hard as you can without straining, and keep holding. Hold that for 4 seconds. Then release the tension from your back. Feel the tension slowly leave your body. Notice how different your body feels when you allow it to relax.

Tense your **arms** all the way from your hands to your shoulders. Make a fist and squeeze all the way up your arm. Hold it like that. Keep squeezing for 4 seconds. Release the tension from your arms and shoulders. Notice the feeling of relaxation in your fingers, hands, arms, and shoulders. Notice how your arms feel limp and at ease.

Move up your **neck** and your **head**. Tense your face and neck around your eyes and mouth by squinting your eyes shut and scrunching your nose and mouth. Hold it for 4 seconds. Release the tension. Again, notice the new feeling of relaxation.

Finally, tense your **whole body**. Tense your feet, legs, stomach, chest, arms, head, and neck. Tense harder, without straining. Hold the tension for 4 seconds. Now release. Allow your whole body to relax and go limp. Pay attention to the feeling of relaxation and how different it is from the feeling of tension.

Now begin to wake up your body by slowly moving your muscles. Move your arms and legs. Stretch your muscles and open your eyes.



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The POWER Program | Week 3: Relaxation and Behavioral Activation



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The POWER Program | Week 4: Understanding and Observing Thoughts



Week 4 Challenge

What do you picture in your mind when you observe your thoughts?

Do you picture your thoughts as raindrops on a window, clouds in the sky, leaves on a stream, cars on a road, or something else?

Write and/or draw about that below!

How I Picture My Thoughts



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The POWER Program | Week 4: Understanding and Observing Thoughts



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The POWER Program | Week 5: Catch–Check–Choose, Part 1

Week 5 Challenge

List adaptive, brave, and calm thoughts you can use to help you in challenging times.

Thought Type	How It Helps	My Examples
 <p><u>A</u>ddaptive</p>	<p>Helps me be flexible and solve a problem</p>	
 <p><u>B</u>rave</p>	<p>Helps me be courageous and confident</p>	
 <p><u>C</u>alm</p>	<p>Helps me stay in control of my emotions</p>	



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The POWER Program | Week 5: Catch-Check-Choose, Part 1

Week 6 Challenge

Identify a real-world situation in which you used (or could have used) the Catch–Check–Choose Strategy.

Write and/or draw about that situation below!

What I First Thought (Something Unrealistic and/or Unhelpful)	What I Can Think Instead (Something Realistic and Helpful)
<p style="text-align: center;">My Choice</p> <p><input type="checkbox"/> Let it go.</p> <p><input type="checkbox"/> Change it into one of the following (remember the ABCs!):</p> <ul style="list-style-type: none">▪ An <u>adaptive</u> thought (Helps me be flexible and solve a problem)▪ A <u>brave</u> thought (Helps me be courageous and confident)▪ A <u>calm</u> thought (Helps me stay in control of my emotions)	



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The POWER Program | Week 6: Catch–Check–Choose, Part 2

Week 7 Challenge



Share your action plan with someone you trust.

Tell them about the strategies you've learned and how you'll use those strategies to reach your goal.

Plan this discussion using the form below.

<p>Who (With whom will you share your action plan?)</p> <p>When (When will you share this action plan with them?)</p> <p>My Notes (What specific things do you want to discuss with them?)</p>	<p>Who (With whom will you share your action plan?)</p> <p>When (When will you share this action plan with them?)</p> <p>My Notes (What specific things do you want to discuss with them?)</p>
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