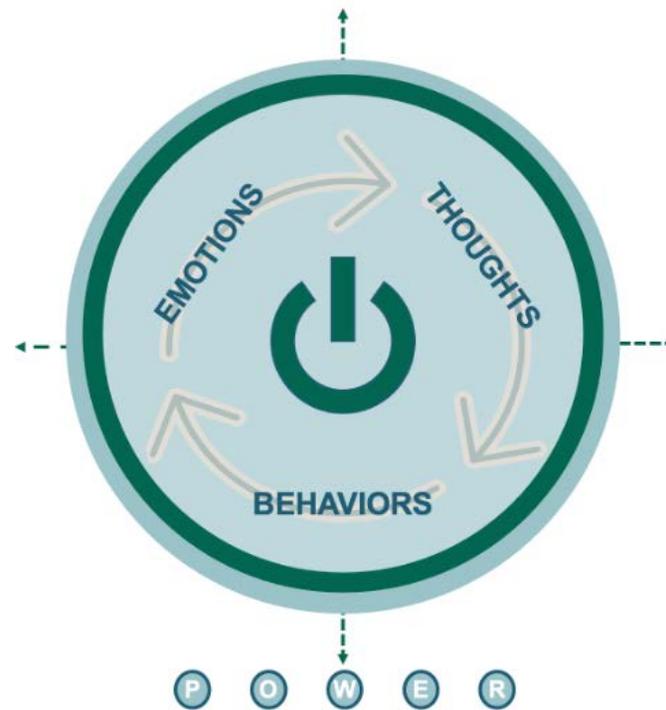


The POWER Program

Positive Outcomes With Emotion Regulation

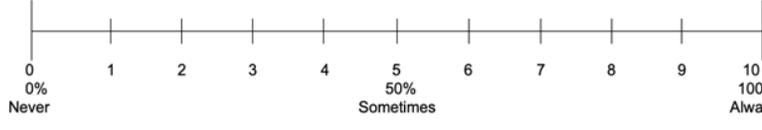
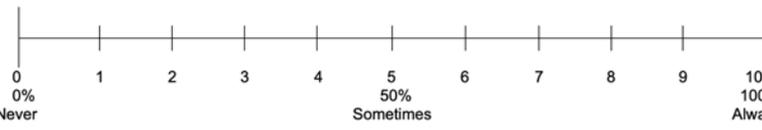
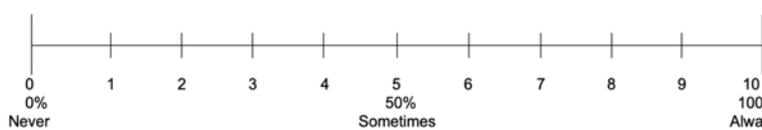
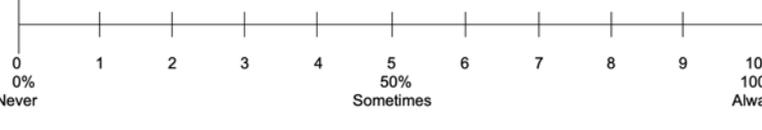
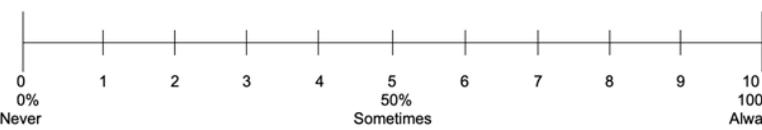
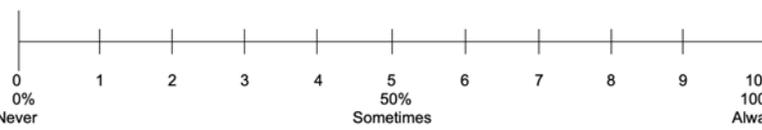
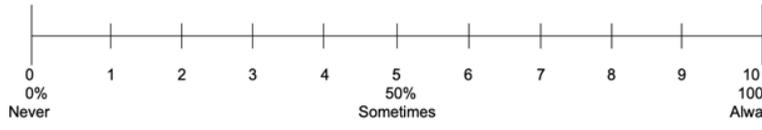
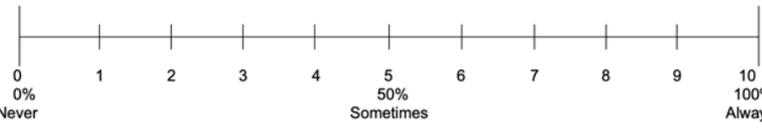
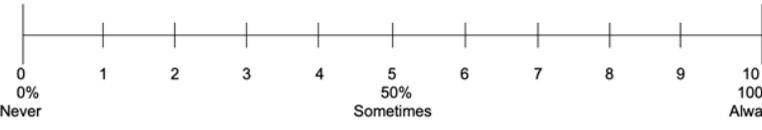
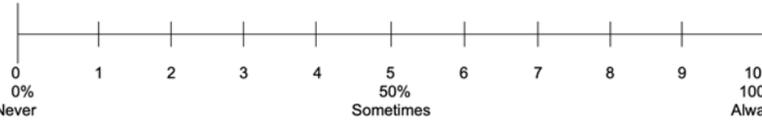
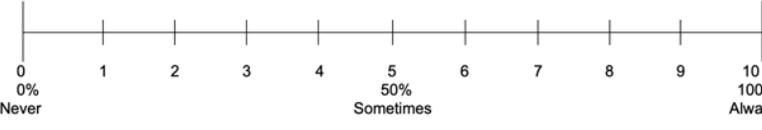
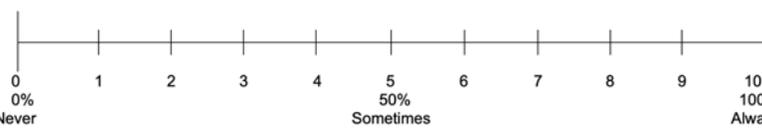


Student Book

Emotion Monitoring Log

Meeting	Write today's date.	Mark along the line how much of the past week you felt _____.	Mark along the line how much of the past week you felt _____.
2	_____		
3	_____		
4	_____		
5	_____		
6	_____		
7	_____		



Meeting	Write today's date.	Mark along the line how much of the past week you felt _____.	Mark along the line how much of the past week you felt _____.
Booster Group Meeting	_____		
Individual Meeting 1	_____		
Individual Meeting 2	_____		
Individual Meeting 3	_____		
Individual Meeting 4	_____		
Individual Meeting 5	_____		





Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



CENTER FOR
EFFECTIVE SCHOOLS

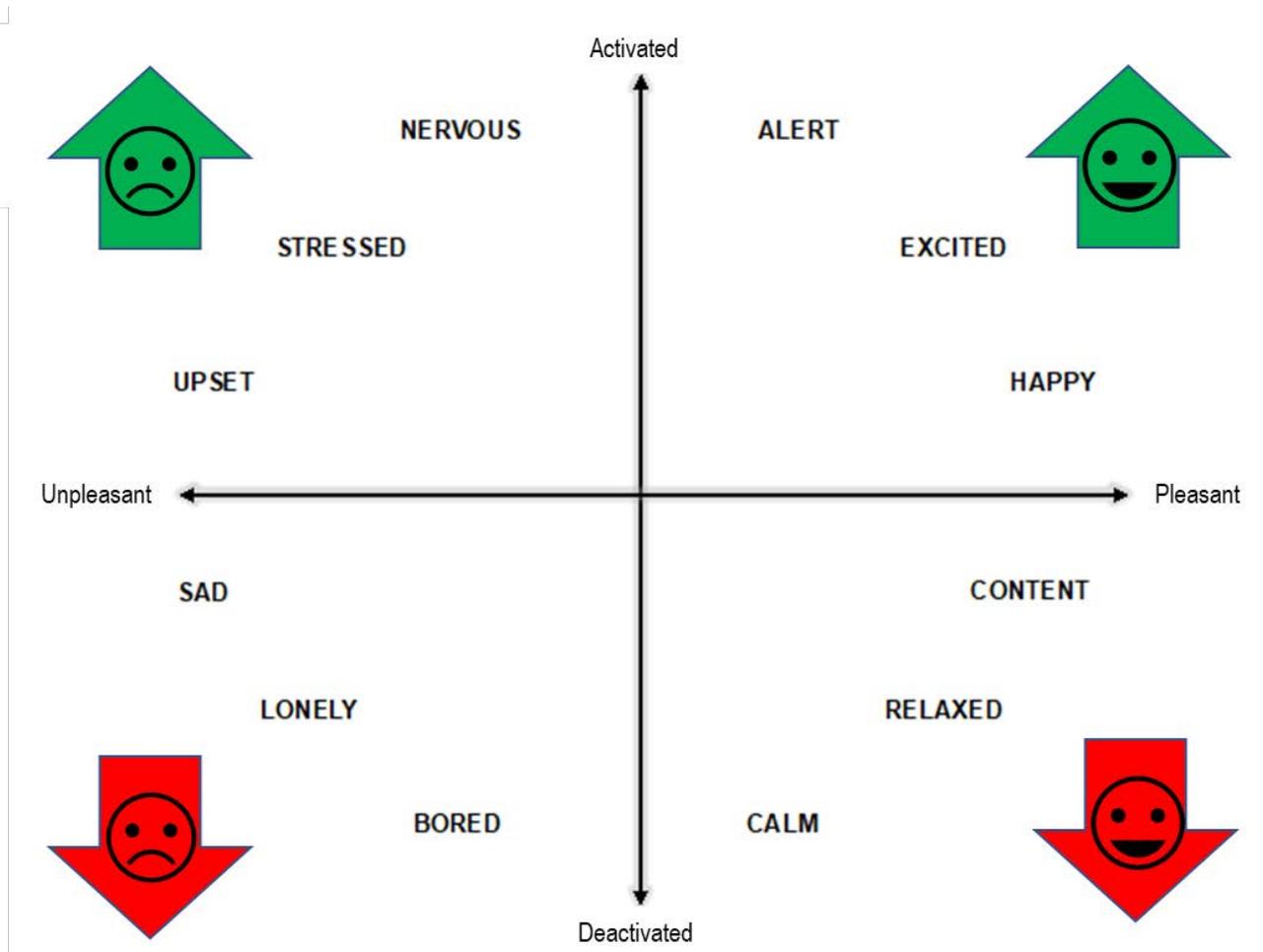
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Exploring Motivation for Change

If you had a magic wand and could “redesign” your life to manage stress what would you do?											
											
How READY are you to try and achieve this?											
	1	2	3	4	5	6	7	8	9	10	
	Not at all				Somewhat			Extremely			
How CONFIDENT are you that you can achieve this?											
	1	2	3	4	5	6	7	8	9	10	
	Not at all				Somewhat			Extremely			
What would happen if you did this? What would change if you did this?											
											

The Dimensional Emotion Model



Situation	Type
You just learned you did really well on your math test.	
None of your friends are at lunch with you today.	
You dropped your books in the hallway between classes.	
You're eating your favorite food.	
You don't want to talk to anyone today.	
You found a present on your desk.	
You think your friends are talking about you.	
You love what you are wearing today.	

Cross out one emotion in this model you would like to decrease, and circle one emotion you would like to increase. On the next page, circle the emotions you have chosen. Then add any other notes/ideas in the space provided.

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



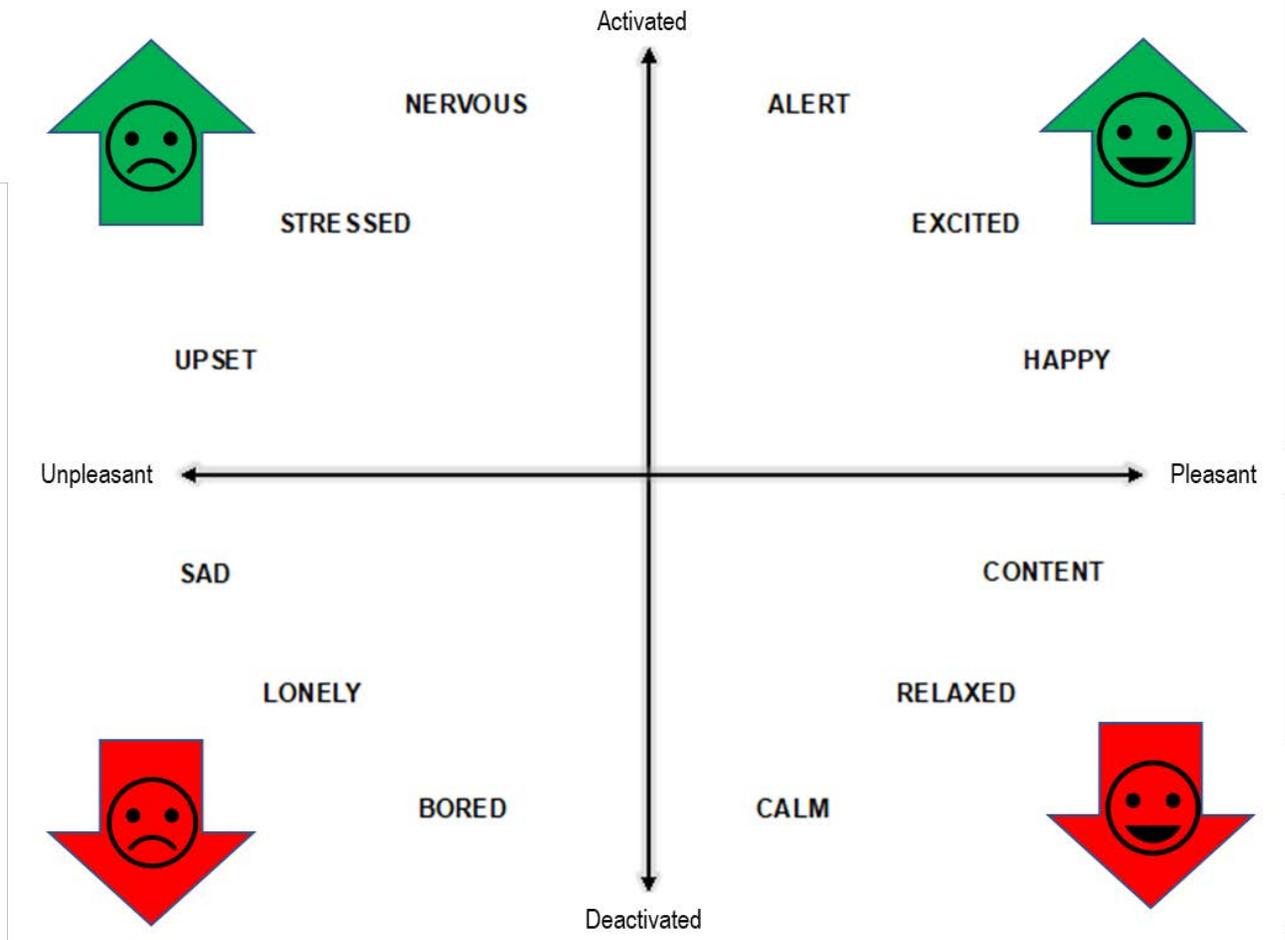
Alert

Something else:

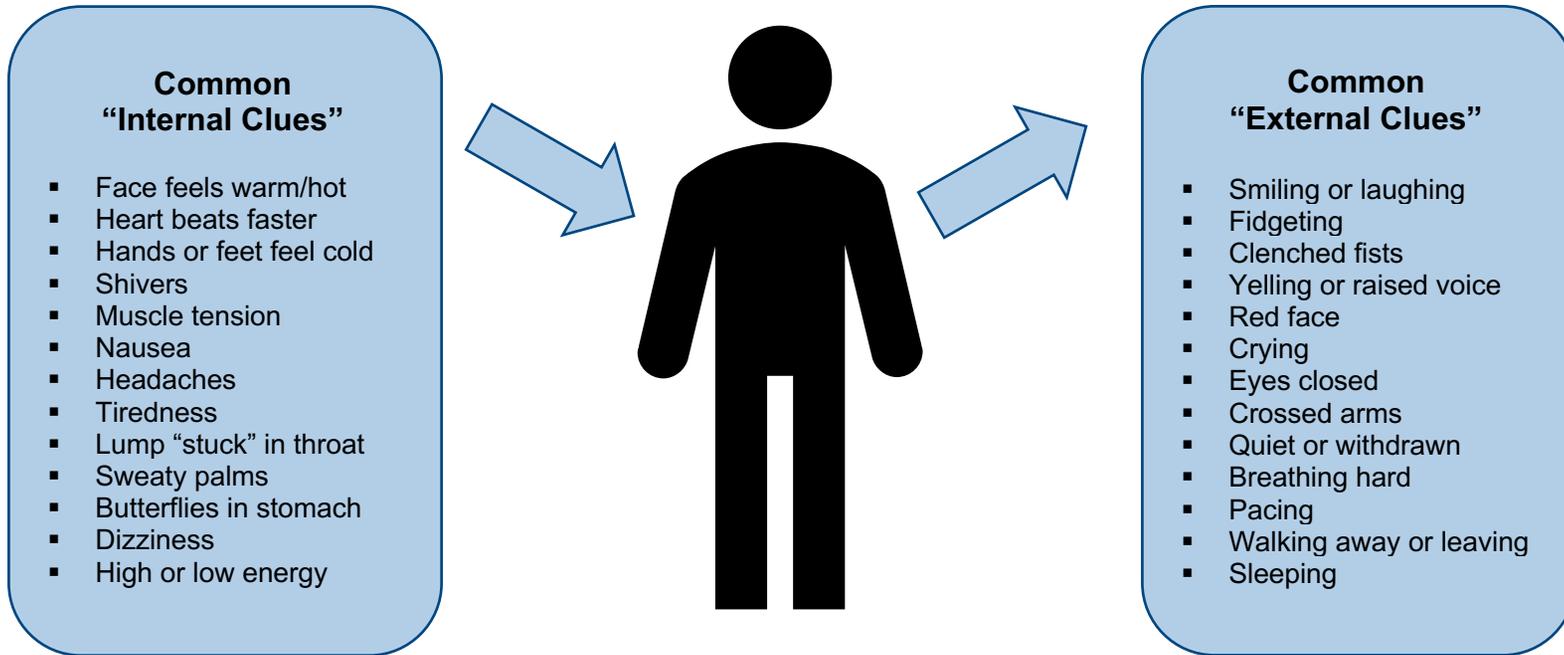
Notes:

Emotion Detective

Notes:



Emotion Detective



Emotion Goal	Internal Clues: <i>What does the emotion feel like?</i>	External Clues: <i>What does the emotion look like, or what are you doing?</i>



Deep Breathing Visual

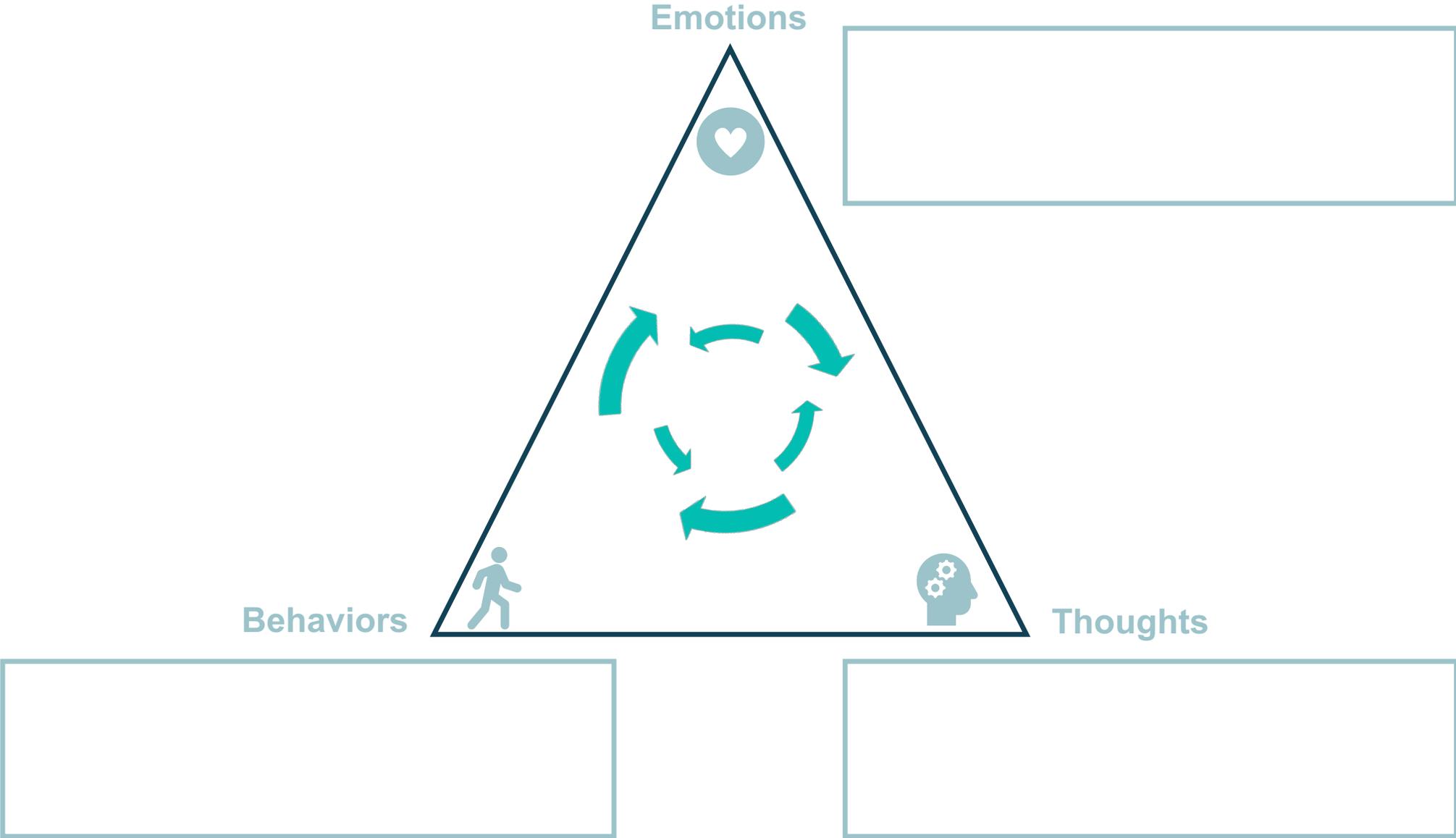


Positive Replacement Behaviors

Behavior Strategy	Ease (1–10)	Reward (1–10)	Opportunities
What I could do:	1 2 3 4 5 6 7 8 9 10 <small>Not at all easy Somewhat easy Extremely easy</small>	1 2 3 4 5 6 7 8 9 10 <small>Not at all rewarding Somewhat rewarding Extremely rewarding</small>	When I could try this:
 Hang out with a friend	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
 Write in a journal	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
 Write a blog or poem	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
 Draw, paint, color, or craft	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
 Cook or bake	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
 Read a book or magazine	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
 Take photos	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
 Go for a walk, run, or bike ride	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
 Do yoga	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
 Play a sport	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
 Play with a pet or child	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	

Behavior Strategy	Ease (1–10)										Reward (1–10)										Opportunities
What I could do:	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	When I could try this:
	Not at all easy			Somewhat easy				Extremely easy			Not at all rewarding			Somewhat rewarding				Extremely rewarding			
 Play cards or a game	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	
 Do a puzzle	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	
 Listen to music or a podcast	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	
 Play an instrument or sing	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	
 Watch a movie	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	
 Rearrange your room	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	
 Go (window) shopping	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	
 Visit a library or museum	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	
 Visit a place of worship	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	
 Volunteer	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	
 Explore somewhere new	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	
 Something else	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	

The Emotions–Thoughts–Behaviors Triangle



Observing Thoughts

How Embarrassing...



Think of the last time you felt really embarrassed.
As you remember this time,
observe your thoughts and write them below.

Oh, Happy Day!



Think of the last time you felt really happy.
As you remember this time,
observe your thoughts and write them below.

--	--

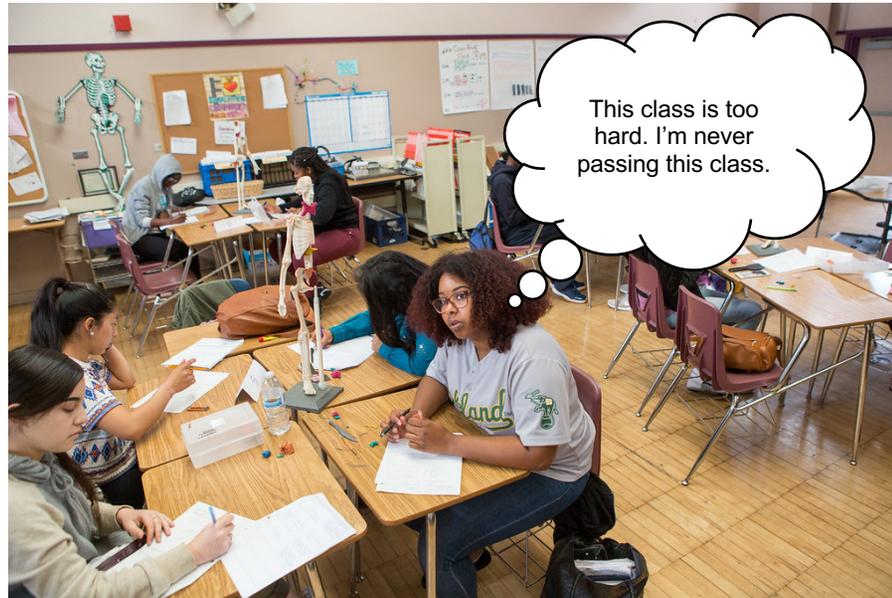
The Catch–Check–Choose Strategy

STEP 1	
	<p>Catch your thought.</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Notice what you are thinking. <input type="checkbox"/> Notice how that thought is making you feel. <input type="checkbox"/> Notice how that thought is making you act. <input type="checkbox"/> Consider using a relaxation strategy to help you with next steps.
STEP 2	
	<p>Check your thought.</p>
	<p>Ask these questions:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Is it realistic? <input type="checkbox"/> Is it helpful?
STEP 3	
	<p>If your thought is NOT realistic or helpful, choose what to do next:</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Let your thought go. <input type="checkbox"/> Change your thought into one of the following (remember your ABCs!): <ul style="list-style-type: none"> ▪ An <u>adaptive</u> thought (<i>A thought that helps you be flexible and solve a problem</i>) ▪ A <u>brave</u> thought (<i>A thought that helps you be courageous and confident</i>) ▪ A <u>calm</u> thought (<i>A thought that helps you stay in control of your emotions</i>)

Destiny

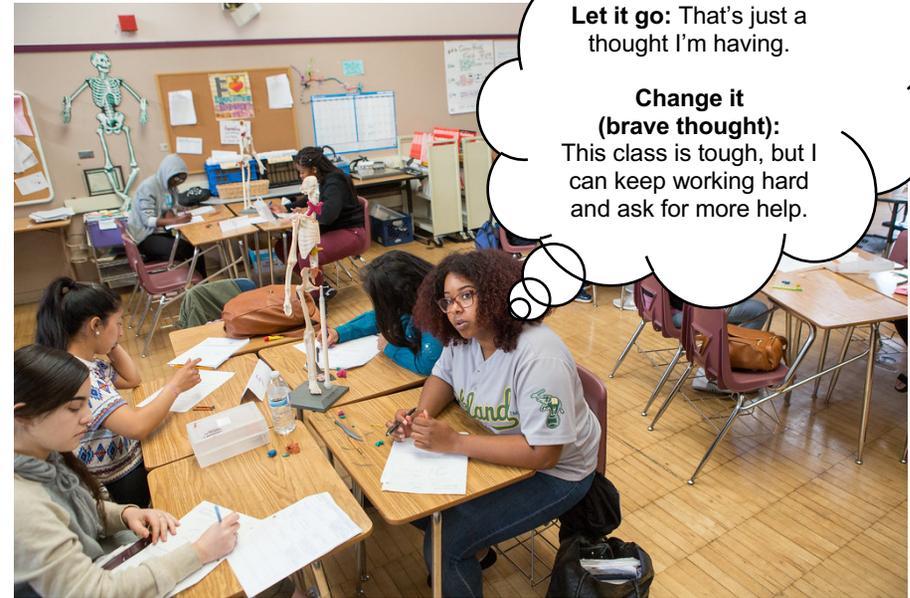
What She First Thought:

(Something Unrealistic and/or Unhelpful)



What She Can Think Instead:

(Something Realistic and Helpful)



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Anthony

What He First Thought:

(Something Unrealistic and/or Unhelpful)



What He Can Think Instead:

(Something Realistic and Helpful)



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Tamar

What She First Thought:

(Something Unrealistic and/or Unhelpful)



What She Can Think Instead:

(Something Realistic and Helpful)



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Catch–Check–Choose Practice

Identify a real-world situation in which you 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 (<i>Helps me be flexible and solve a problem</i>) ▪ A <u>brave</u> thought (<i>Helps me be courageous and confident</i>) ▪ A <u>calm</u> thought (<i>Helps me stay in control of my emotions</i>) 	

Review Game

Guided Imagery	Naming Emotions	Identifying Clues to Emotions	Deep Breathing
Muscle Relaxation	Taking Time	Behavioral Activation	Observing Thoughts
Catch–Check–Choose	Letting a Thought Go	Changing a Thought	

My Action Plan

1. I will continue to focus on:

...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:

2. I will observe my emotions by looking out for external and internal clues.

My external clues are actions that I do. These are some of my external clues:

My internal clues are physical sensations. These are some of my internal clues:

3. When I have an emotion that is negative and activating, I will use a relaxation strategy.

I will use this strategy (circle one):

Deep Breathing

Muscle Relaxation

Taking Time

Guided Imagery

Something else: _____

These are some times/situations when I might need to use this strategy:

4. When I have an emotion that is negative and deactivating, I will do something active and enjoyable.

I will do one of these types of activities:

These are some times/situations when I might need to use this strategy:

5. I will continue to observe my thoughts.

I will remind myself that my thoughts are only thoughts by picturing them as (*circle one*):



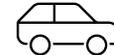
Raindrops on a Window



Clouds in the Sky



Leaves on a Stream



Cars on a Road

Something else: _____

6. I will use the Catch–Check–Choose strategy to help me focus on realistic and helpful thoughts.

This is what I will tell myself as I let thoughts go:

These are some realistic and helpful thoughts I can change my thoughts into:

- An adaptive thought (*Helps me be flexible and solve a problem*):

- A brave thought (*Helps me be courageous and confident*):

- A calm thought (*Helps me stay in control of my emotions*):

These are some times/situations when I might need to use this strategy: _____

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.*

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.

Guided Imagery

First, consider how your body feels at this moment. Start to relax your body, beginning with your shoulders and head. Let your arms and fingers relax so your hands are slightly open and relaxed. Take a deep breath in, and then slowly breathe out. Take another breath in, and slowly out. Focus on your mind, and breathe out any thoughts on your next breath out. Slowly blow those thoughts away as you relax your body. If you haven't done so already, close your eyes.

Create an image in your mind of the color **red**, any shade of red you'd like. Think about anything you like that is red: maybe apples, flowers, clothing, or a sunset. You might picture red objects, something red in nature, or just a solid color. Anything you like that is red. Think about the color red and how it feels for you.

Now allow the color you are imagining to blend to **orange**. Picture the color orange in your mind, and imagine the first orange thing you can think of. It might be a pumpkin, a fruit, or leaves in the fall. Fill the entire visual field of your mind's eye with the color orange. Continue to imagine the color orange.

Now start to think about the color **yellow**. Imagine and think about all the various shades of yellow. Consider the color of butter, of lemons, of lemonade, a bright sunny day, or highlighters and markers. Imagine yourself surrounded with the brightness of the color yellow.

Start to the color in your mind become **green**. Fill your vision with all the different shades of green, from grass, to trees in summer, to the pine trees in winter. Think about your favorite thing that is green, and allow it to take over your mind. Think about how you are feeling imagining this thing. Keep imagining the green thing in your mind and let it surround you.

Let the green in your mind start shifting to the color **blue**. Picture all things blue in your mind, the color of the sky, a bright blue ocean, blue flowers, deeper blues at night, or maybe a great pair of jeans. Allow the color blue to wash over you and fill your mind with the many shades and tones of blue.

Next, let the color in your imagination transform into **purple**. Think about the purples in sunsets, purple flowers, the color of grapes, or soft purple fabric. Fill your mind with the color purple and all its complexities, and let it transform your mind.

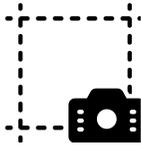
Now let's slowly bring your attention back to your breathing. Think about how calm and regular your breathing is now. Imagine the colors again, one at a time in any order. Slowly imagine all the colors, and all the shades in between.

Continue letting the colors wash over you, and start to imagine any calming color you wish. Do you have a favorite color, or a color that fits your mood right now? Think about that color in your mind, whatever shade or tone of that color you wish. Consider how the color makes you feel, and what you like about that color, and imagine yourself relaxing while you enjoy it. Take a minute to let your mind surround itself with the color you are picturing, and all the parts of it that you love.

Strategies for Using Social Media

✓ Place a checkmark next to strategies you'd like to use.

X Place an "X" next to strategies you think wouldn't work for you.

	 <p>Keep your account(s) private</p>		 <p>Follow people on social media who are transparent (for example, who are honest about using a filter or when something is an advertisement)</p>
	 <p>Accept invites only from people you know</p>		 <p>When looking at posts, ask if that person may have used a filter</p>
	 <p>Only direct message people you know</p>		 <p>When looking at posts, ask whether everything written/said is necessarily true</p>
	 <p>Before you post, remember content cannot truly be deleted (you never know who will screenshot and share something you send)</p>		 <p>When looking at posts, ask whether there are things that the person has chosen not to post</p>
	 <p>Never send a message, picture, or video that you would not want the whole world to see</p>		 <p>Unfollow people who are untrustworthy or disrespectful</p>