Feel Better Fast
(Emotion Regulation)

Student Workbook

University of Colorado – Boulder
Counseling and Psychiatric Services
(303) 492-2277
counseling.colorado.edu

Feedback Form: https://cuboulder.qualtrics.com/jfe/form/SV_3L7zlHzZMCIMyMJ
Welcome!

Welcome to **Feel Better Fast**, a fast-paced, 3-session seminar designed to help you make a change in your life by learning mindfulness techniques, as well as ways to cope with distressing emotions and thoughts. The goal is to provide you with some skills to recognize and manage strong emotions you may be experiencing. We hope you find it helpful.

Remember, this intervention is not intended to “get rid of” unpleasant emotions. While occasionally unpleasant, difficult emotions can actually be helpful and motivating. Our hope is that these three sessions provide you with a jumping board from which to integrate skills into your daily life.

By the end of this course, you will have received a lot of information and at times it may feel overwhelming. Remember that like any skill (e.g., learning to ride a bike), the skills you will learn in **Feel Better Fast** take time and practice to master. At times, you may encounter obstacles and/or find it difficult to integrate these skills into your daily life. That’s okay, it’s how change works, and as with all change, it’s important to practice as much as you can, even after encountering setbacks.

Think of your practice of these skills as a form of “mental health hygiene.” At the outset, it may seem tedious and you may question why you need to practice these skills so often. Think of it like dental hygiene—you brush your teeth multiple times a day to prevent the buildup of plaque and ultimately to prevent cavities. Similar to brushing your teeth, daily practice prevents a buildup of anxiety and stress over time. The more you practice and use these skills as part of your daily routine, the less tedious they may seem because they simply become a regular part of daily life.

Should you wish to focus more in depth on any of your concerns, you may debrief with a therapist following completion of **Feel Better Fast** to discuss options.

*If at any time you feel that you need additional support, please let your Feel Better Fast leader know or contact CAPS at (303)-492-2277. Walk in hours are Monday through Friday 10am to 3:30pm. You may also find additional resources online at www.colorado.edu/counseling*
Frequently Asked Questions

**What is Feel Better Fast?**
Feel Better Fast is a fast-paced, 3-session seminar designed to help you make a change in your life by learning mindfulness techniques, as well as ways to cope with distressing emotions and thoughts.

**Why does Feel Better Fast use a 3-session model?**
Teaching Feel Better Fast over the course of 3 sessions allows you sufficient time to learn the concepts with time to practice between sessions. Keeping it to three 60-minute sessions allows you to find time in your busy schedule to learn these skills.

**What if I need more than 3 weeks to learn the model?**
You are not alone. The skills taught in Feel Better Fast are difficult and take time to build. For this reason, we offer follow up options for anyone who would like additional support. Please see the front desk to schedule a follow up.

**What if I don't feel comfortable in groups?**
Many people feel a little anxious about participating in a group. Feel Better Fast is structured and curriculum-driven, like an academic class. You are not required to speak if you do not feel comfortable doing so. The facilitators respect each participant's right to share only what they are comfortable sharing and never require you to share sensitive or potentially embarrassing information.

**What if I have an urgent need to see a counselor during Feel Better Fast?**
Simply let the facilitator or CAPS' front desk staff know, and they will facilitate you getting the help you need. You can also walk in to CAPS Monday through Friday 10am to 3:30pm with limited exceptions. The CAPS phone number is available to you 24/7 at (303) 492-2277.

**Why do I have to do homework?**
The focus of this workshop is on building skills to cope with challenging emotions; in order to achieve that goal, regular practice is essential. Any homework offered is simply a suggestion for ongoing practice. The more you practice, the more you may find you get out of this workshop. You will not be required to provide your responses at any time.
EMOTION REGULATION HANDOUT 2

What Function do Emotions Serve?

EMOTIONS COMMUNICATE TO (AND INFLUENCE) OTHERS.

- Facial expressions are a hard-wired part of emotions. In primitive societies and among animals, facial expressions communicate like words. Even in modern societies, facial expressions communicate faster than words.
- When it is important to us to communicate to others, or send them a message, it can be very hard for us to change our emotions.
- Whether we intend it or not, the communication of emotions influences others.

EMOTIONS ORGANIZE AND MOTIVATE ACTION.

- Emotions motivate our behavior. The action urge connected to specific emotions is often "hard-wired." Emotions prepare us for action.
- Emotions save time in getting us to act in important situations. We don’t have to think everything through.
- Strong emotions help us overcome obstacles-in our mind and in the environment.

EMOTIONS CAN BE SELF-VALIDATING.

- Our emotional reactions to other people and to events can give us information about the situation. Emotions can be signals or alarms that something is happening.
- When this is carried to an extreme, emotions are treated as facts: "If I feel incompetent, I am." "If I get depressed when left alone, I shouldn't be left alone." "If I feel right about something, it is right." "If I'm afraid, it is threatening." "I love him, so he must be OK."
<table>
<thead>
<tr>
<th>Feelings List</th>
</tr>
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<tbody>
<tr>
<td>Desire</td>
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<tr>
<td>Anger</td>
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<td>Fear</td>
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<td>Tender</td>
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<td>Secure</td>
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<td>Guilt</td>
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<td>Shame</td>
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<td>Glad</td>
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<td>Hopeful</td>
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<td>Anxious</td>
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<td>Happy</td>
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<td>Depressed</td>
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<td>Free</td>
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<td>Sad</td>
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<td>Longing</td>
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<td>Timid</td>
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<td>Anticipation</td>
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<td>Threatened</td>
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<td>Edgy</td>
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<td>Confident</td>
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<td>Nervous</td>
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<td>Worn out</td>
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<td>Withdrawn</td>
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<td>Joy</td>
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<td>Lonely</td>
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<td>Numb</td>
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<tr>
<td>Contentment</td>
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<tr>
<td>Abandoned</td>
</tr>
<tr>
<td>Suspicious</td>
</tr>
</tbody>
</table>
Getting to Know Our Feelings

Feeling: __________________________________________

1. __________ is...
2. It wants...
3. It needs...
4. It is afraid of...
5. It feels like...
6. It tastes like...
7. It smells like...
8. It looks like...
9. It sounds like...
10. It acts like...
11. But sometimes it is...
12. Most of all, I hope __________ will be...
## Recognizing Your Emotions

<table>
<thead>
<tr>
<th>Questions</th>
<th>Your Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>When did the situation happen?</td>
<td></td>
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<tr>
<td>What happened? (Describe the event)</td>
<td></td>
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<tr>
<td>Why do you think that situation happened? (Identify the causes)</td>
<td></td>
</tr>
<tr>
<td>How did that situation make you feel both emotionally and physically? (Try to identify both the <em>primary</em> and the <em>secondary</em> emotions)</td>
<td>Primary emotions: Secondary emotions: Physical sensations:</td>
</tr>
<tr>
<td>What did you want to do as a result of how you felt? (What were your urges?)</td>
<td></td>
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<tr>
<td>What did you do and say? (What actions or behaviors did you engage in as a result of how you felt?)</td>
<td></td>
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<tr>
<td>How did your emotions and actions affect you later? (What short-term or long-term consequences were there as a result of your actions?)</td>
<td></td>
</tr>
</tbody>
</table>

*Adapted from *The Dialectical Behavior Therapy Skills Workbook*
Your Emotional Battery

Throughout the day and over time, your level of emotional energy goes up and down based on your interactions with others, stress, and self-care.

Identify your current emotional level:

Things & people that are causing me to be at this level:

What I'm like when I'm fully charged:

Things & people that drain my emotional energy:

Warning signs that I am running on empty:

Things I can do to recharge my emotional energy:
Cross Sectional Formulation

**Situation** *(When? Where? What? With whom? What did you feel anxious about?)*
I lost my favorite sweater

**Physical** *(When anxious, what physical sensations did you experience? What did you notice in your body?)*
- Tense, clenched
- Weak, heavy, closed, cold

**Emotional** *(What emotions came up for you when you felt anxious?)*
- Frustrated, Sad

**Cognitive** *(What went through your mind when you felt anxious? What did that say or mean about you or the situation?)*
- I’m so absent minded, I’m an idiot.
- No one cares about me.

**Behavioral** *(What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?)*
- Look for sweater.
- Sulk alone
EMOTION REGULATION HANDOUT 3

Taking Care of Your Mind By Taking Care of Your Body

1. Treat Physical illness: Take care of your body. See a doctor when necessary. Take prescribed medication.

2. Balance Eating: Don't eat too much or too little. Eat regularly and mindfully throughout the day. Stay away from foods that make you feel overly emotional.

3. Avoid mood-Altering drugs: Stay off illicit drugs, including alcohol.

4. Balance Sleep: Try to get the amount of sleep that helps you feel good. Keep to a consistent sleep schedule if you are having difficulty sleeping.

5. Get Exercise: aerobic exercise done regularly is an antidepressant.

- 20 minutes a day has a lot of positive effects
- exercise can be difficult to motivate oneself to do it is important to reward yourself even if it is only verbally.
- It is also important not to beat yourself up while you are working up to a regular routine of exercise because we all have lapses in routines, but beating yourself up will keep you from getting back on track and make you want to give up. This means using a nonjudgmental stance.

Triggering Thoughts

Below are several triggering thoughts that often cause a person to feel emotionally distressed. Check any of them that you hold and write any additional triggering thoughts below.

- I'm an idiot/jerk/moron/_______________________
- I can't do anything right
- I'm a failure
- I'm incompetent
- I'm broken
- I'm helpless
- I'm unlovable
- No one is ever going to love me
- There's something wrong with me
- People always hurt me
- I should have known better
- Bad things always happening to me
- No one cares about me
- I'm useless
- I screw up all the time
- I can't trust anyone
- I don't deserve to be happy/successful/loved/ ______________________

- ___________________________________________

- ___________________________________________

- ___________________________________________

- ___________________________________________
APPENDIX
Sleep Hygiene

What is Sleep Hygiene? ‘Sleep hygiene’ is the term used to describe good sleep habits. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties.

1. Get regular. Go to bed and get up at more or less the same time every day, even on weekends and days off!

2. Get up & try again. Go to sleep only when tired. If you haven’t been able to fall asleep after 30 minutes, get up and do something calming (not stimulating) until you feel sleepy, then return to bed and try again.

3. Avoid caffeine & nicotine. Avoid consuming any caffeine (coffee, tea, soda, chocolate) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These act as stimulants and interfere with falling asleep

4. Avoid alcohol. Avoid alcohol for at least 4-6 hours before bed because it interrupts the quality of sleep.

5. Bed is for sleeping. Do not use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep.

6. Electronics Curfew. Don’t use back-lit electronics 60 minutes prior to bed, as the artificial light prevents hormones and neurons that promote sleep.

7. The right space. Make your bed and bedroom quiet and comfortable for sleeping. An eye mask and earplugs may help block out light and noise.

8. No naps. Avoid taking naps during the day. If you can’t make it through the day without a nap, make sure it is for less than an hour and before 3pm.

9. Sleep rituals. Develop rituals to remind your body that it is time to sleep, like relaxing stretches or breathing exercises for 15 minutes before bed.

10. No clock-watching. Checking the clock during the night can wake you up and reinforces negative thoughts such as “Oh no, look how late it is, I’ll never get to sleep.”

11. Keep daytime routine the same. Even if you have a bad night sleep it is important that you try to keep your daytime activities the same as you had planned. That is, don’t avoid activities because you feel tired. This can reinforce the insomnia.

Adapted from http://www.cci.health.wa.gov.au
Focus on whole fruits
Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.

Vary your veggies
Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.

Vary your protein routine
Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.

Make half your grains whole grains
Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.

Move to low-fat or fat-free milk or yogurt
Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups.

Drink and eat less sodium, saturated fat, and added sugars
Cook at home and read the ingredients to compare foods.
ALCOHOL: Is Your Health at Risk?

What counts as ONE DRINK?

One drink is:
- One 12-ounce can of beer
- One 5-ounce glass of wine
- One shot of hard liquor (1.5 ounces)

What can happen from risky or harmful alcohol use?

- People who use alcohol at risky or harmful levels are at greater risk for health problems—cancer, obesity, high blood pressure, stroke, injury, diabetes, accident/death, suicide, and cirrhosis.
- It makes a difference both how much you drink on any day and how often you have a heavy drinking day.
- The more drinks in a day and the more heavy drinking days over time, the greater risk for problems.

Tips for cutting down on alcohol use

- **Measure and Count:** Measure drinks per standard drink size and count how much you drink on your phone, a card in your wallet, or calendar.
- **Set Goals:** Decide how many days a week you want to drink, and how many drinks to have on those days.
- ** Pace and Space:** Pace yourself. Sip slowly. Have no more than one drink per hour. Alternate “drink spacers”—non-alcohol drinks (water, soda, or juice).
- **Include Food:** Don’t drink on an empty stomach.
- **Avoid “Triggers.”** What triggers you to drink? Avoid people, places, and activities that trigger the urge to drink.
- **Plan to Handle Urges:** When an urge hits: remind yourself of reasons for changing, talk it through with someone, do a healthy, distracting activity, or “urge surf” and accept the feeling and ride it out, knowing it will pass.
- **Know your “no.”** Have a polite, convincing “no” ready for times when you don’t want a drink.

Adapted from US Department of Health and Human Services, NIH, NIAAA

Helpful Links:

- [http://findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

This work is supported by grants T1K25355, T1K26442, and T1K34226 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

Visit [www.sbirt.care](http://www.sbirt.care) for more resources!
**RISKY AND HARMFUL ALCOHOL USE**
Effects on the Body

- Aggressive, irrational behavior, arguments, violence, depression, nervousness
- Alcohol use disorders, memory loss
- Premature aging, drinker's nose
- Gum disease, tooth decay, mouth sores
- Weakness of heart muscle, heart failure, anemia, impaired blood clotting, breast cancer, high blood pressure
- Vitamin deficiency, bleeding, severe stomach inflammation, ulcers, vomiting, diarrhea, malnutrition
- Inflammation of the pancreas
- Liver damage

**In women:** risk of giving birth to babies with brain damage, low birth weight, or other serious health issues

**In men:** impaired sexual performance

**Alcohol can worsen existing health problems:**
- Liver disease
- Heart disease and high blood pressure
- Diabetes
- Ulcers and stomach problems
- Depression and anxiety
- Sleep problems

**Something to think about:**
Risky and harmful alcohol use frequently leads to social, legal, medical, domestic, job, and financial problems. Alcohol may shorten your lifespan and lead to accidental injury or death.

MARIJUANA

Natural, but not harmless.
- Marijuana use contributes to health problems
- It is four times stronger than in the 1980s
- Risky no matter method of use, including smoking, vaporizing, and edibles (food containing marijuana)
- Heavy use in young adults can cause lasting damage to the brain and decrease intelligence
- Marijuana can directly worsen symptoms of anxiety, depression, and schizophrenia

Marijuana can be addictive.
- Marijuana use can lead to addiction, just like with other drugs
- 4.5 million people in the U.S. are addicted
- Chances of addiction are increased:
  - 17% of adolescents who use will become addicted
  - 25-50% of people who use everyday will become addicted
- Withdrawal symptoms include cravings, trouble sleeping, anxiety, appetite loss

Marijuana use impairs driving.
- Doubles a driver’s risk of an accident
- Use with alcohol increases risk

Legal does not mean safer.
- Marijuana is not FDA-approved
- There may be some chemicals in marijuana that help a range of illnesses or symptoms
- Lack of clinical evidence supporting benefits
- Benefits do not outweigh health risks

Marijuana and pregnancy.
- Marijuana use during pregnancy affects child development
- Health risks for the child include low birth weight; premature birth; problems with attention, memory, and problem solving; and reduced IQ

Using marijuana with other substances.
- Mixing marijuana and alcohol increases risk for nausea and reactions of panic, anxiety, or paranoia
- Mixing tobacco and marijuana increases risk of developing respiratory diseases and/or cancer

Tips for Cutting Back

Think about changing.
- Why do you use? What do you like about it?
- Why do you want to cut down or stop?

Plan for the change you want.
- Set a goal and date for changing your use. Make it realistic.
- Share your plan with people you trust and ask for support.

Act on your decision.
- Distract and do something. Make a list of fun activities unrelated to your use and keep busy.
- Delay. Stop and think before using. Wait 15 minutes to ride the craving and the wave of desire may pass.
- Plan ahead. Avoid high-risk situations and people who use.

Have a back-up plan.
- If you haven’t achieved your goal yet, that’s okay.
- Consider the situation in which you used and see what could be changed next time.
- Review your plan and see if it needs revising.

Helpful Links:
http://easyread.drugabuse.gov/marijuana-effects.php
http://www.drugfree.org/drug-guide/marijuana

Relaxation Alternatives:
Everyday Tai Chi:
3-Minute Breathing Space: http://umurl.us/GUI
Breathing and Relaxation Exercise: http://umurl.us/AMF
Body Scan Meditation: http://umurl.us/B0dy/Scan

MARIJUANA
Effects on the Body

Problems with coordination, judgment, learning, memory, reaction time, sensory perception, sleeping

Panic/anxiety, depression, paranoia, lack of motivation, mood swings

Cancer of the head and neck

Dry mouth, tooth decay, bad breath

Respiratory problems, asthma attacks, infections, emphysema

Increased blood pressure and heart rate, risk of heart attack

During pregnancy: less oxygen to fetus; premature birth; drug via placenta, umbilical cord, and breast milk; low birth weight; early lung problems

Weight gain, weakened immune system, chronic fatigue, vomiting

In men: low sex drive, low testosterone, low sperm production, erectile dysfunction, increased breast growth, testicular cancer

In women: low sex drive, irregular periods, fertility problems

Feel Better Fast: Emotion Regulation
(303) 492-2277 (24/7) counseling.colorado.edu
# EMOTION REGULATION HANDOUT 4
## Steps for Increasing Positive Emotions

### BUILD POSITIVE EXPERIENCES

**SHORT TERM:** Do pleasant things that are possible now.

- INCREASE pleasant events that prompt positive emotions.
- Do ONE THING each day that is pleasurable.

**LONG TERM:** Make changes in your life so that positive events will occur more often. Build a "life worth living:"

- Work toward goals: ACCUMULATE POSITIVES.
  - Make list of positive events you want.
  - List small steps toward goals.
  - Take first step.
- ATTEND TO RELATIONSHIPS.
  - Repair old relationships.
  - Reach out for new relationships.
  - Work on current relationships.
- AVOID AVOIDING. Avoid giving up.

### BE MINDFUL OF POSITIVE EXPERIENCES

- FOCUS attention on positive events that happen.
- REFOCUS when your mind wanders to the negative.

### BE UNMINDFUL OF WORRIES

DISTRACT from:

- Thinking about when the positive experience WILL END.
- Thinking about whether you DESERVE this positive experience.
- Thinking about how much more might be EXPECTED of you now.

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*Adapted From Skills Training Manual by Marsha Linehan. © 1993. The Guilford Press*
## Pleasant Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Feeling Better Fast: Emotion Regulation</th>
<th>Counseling and Psychiatric Services</th>
<th>(303) 492-2277 (24/7)</th>
<th>counseling.colorado.edu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acting</td>
<td>Amusing people</td>
<td>Attending a concert</td>
<td>Beachcombing</td>
<td>Being alone</td>
</tr>
<tr>
<td>Being complimented</td>
<td>Being coached</td>
<td>Being counseled</td>
<td>Being in the country</td>
<td>Being at a family get-together</td>
</tr>
<tr>
<td>Being happy people</td>
<td>Being in the mountains</td>
<td>Being with my roommate</td>
<td>Being with someone I love</td>
<td>Being told I am loved</td>
</tr>
<tr>
<td>Boating/ canoeing</td>
<td>Budgeting my time</td>
<td>Buying things for myself</td>
<td>Buying something for someone I care about</td>
<td>Camping</td>
</tr>
<tr>
<td>Cheering for something</td>
<td>Collecting things</td>
<td>Combing/ brushing my hair</td>
<td>Completing a difficult task</td>
<td>Complimenting or praising someone</td>
</tr>
<tr>
<td>Dancing</td>
<td>Dating someone I like</td>
<td>Designing/ Drafting</td>
<td>Discussing my favorite hobby</td>
<td>Doing art work</td>
</tr>
<tr>
<td>Fishing</td>
<td>Fixing machines</td>
<td>Gardening/ Doing yardwork</td>
<td>Giving gifts</td>
<td>Giving a party for someone</td>
</tr>
<tr>
<td>Getting massages</td>
<td>Giving massages</td>
<td>Going to an amusement park/ zoo</td>
<td>Going to a concert</td>
<td>Going to lectures</td>
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<tr>
<td>Going to a health club/ sauna/spa</td>
<td>Going to the movies</td>
<td>Going to a museum</td>
<td>Going on nature walks/ field trips</td>
<td>Going to a play</td>
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<tr>
<td>Going to a spiritual/ peaceful place</td>
<td>Going to a sports event</td>
<td>Having coffee/ tea with friends</td>
<td>Having daydreams</td>
<td>Having friends over to visit</td>
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<tr>
<td>Having an original idea</td>
<td>Having spare time</td>
<td>Hearing jokes</td>
<td>Helping someone</td>
<td>Hiking</td>
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<tr>
<td>Kicking sand/ pebbles/leaves</td>
<td>Kissing</td>
<td>Knitting/ crocheting</td>
<td>Learning something new</td>
<td>Listening to the ratio</td>
</tr>
<tr>
<td>Looking at the stars/ moon</td>
<td>Making charitable donations</td>
<td>Making food to give away</td>
<td>Making a new friend</td>
<td>Meditation/ Doing yoga</td>
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<tr>
<td>Playing cards</td>
<td>Playing music</td>
<td>Playing with a pet</td>
<td>Playing in nature</td>
<td>Planning or organizing something</td>
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<tr>
<td>Reading</td>
<td>Reminiscing</td>
<td>Riding in an airplane</td>
<td>Running/ jogging</td>
<td>Photography</td>
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<tr>
<td>Sewing</td>
<td>Shaving</td>
<td>Singing</td>
<td>Sleeping late</td>
<td>Solving a puzzle/ crossword</td>
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<td>Speaking a foreign language</td>
<td>Staying up late</td>
<td>Smiling at people</td>
<td>Taking a bath</td>
<td>Using my strengths</td>
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<td>Watching TV</td>
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<td>Writing in a journal</td>
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CAPS Workshops

Please note workshop offerings are subject to change each semester. Please call CAPS at (303) 492-2277 for the most up to date information on CAPS’ current offerings.

Anxiety Toolbox:
This workshop is a two-part series designed to help you understand anxiety symptoms and build skills to manage these symptoms. The sessions include modules dedicated to understanding anxiety, learning deep breathing and grounding skills, introducing a method for slowing down and disentangling anxious thoughts, and developing alternative responses to anxiety.

Feel Better Fast:
This workshop is a three-part series designed to help you make a change in your life by learning mindfulness techniques, as well as ways to cope with distressing emotions and thoughts. Some of the skills you will learn include how to make balanced decisions, to self-soothe, to take a step back from your thoughts and to live by your values. With guidance and support, this workshop might be all you need to get back on track and feeling better in no time.

COVID Workshop Series
The COVID workshop series is composed of 4 independent workshops designed to help you cope with ways in which COVID-19 has changed our lives. This is a great option if you’re short on time, wanting some quick coping skills, and/or are noticing distress related to COVID. They include the following:

**Mindfully Thriving:** Learn how to stay present during times of unease. Now more than ever we can all benefit from learning mindfulness skills to stay grounded and present during the pandemic. This workshop teaches mindfulness skills and guides you through 3 different mindfulness exercises you can easily practice at home.

**Anxiety Toolbox for COVID:** acknowledges the ways in which COVID-19 can increase anxiety. Learn skills and tools to help you manage challenging or triggering thoughts, feelings and behaviors using examples from the current pandemic.

**Coping with COVID:** normalizes the different responses people have been experiencing related to COVID-19. Learn skills for managing overwhelming emotions and reducing emotional vulnerability during this stressful time.

**How to Survive Quarantine with Other People:** Because of COVID, more of us are spending more hours than usual at home with family members, partners, or roommates. Learn to address conflict, develop listening skills, and develop healthy boundaries to manage tension and conflict that many have experienced due to that challenges of increased time with others.
Feel Good Fridays:
This drop-in workshop is an opportunity to be led through a powerful guided meditation to undo stress, soothe the nervous system and feel better. Students, staff and faculty are welcome to attend. Participants are encouraged to bring materials for personal comfort that will aid meditation (e.g., yoga mat, a small pillow or cushion, etc.). Please arrive on time so the meditation is not disturbed. There will be no late admittance.

Identity and Sexuality Exploration
Do you have questions about sexuality, gender or relationships? Do you need help navigating gender-affirming healthcare? This workshop provides an inclusive and affirming space to develop knowledge and skills for your personal journey. An informal consultation with a queer-friendly nurse practitioner and clinical psychologist can provide insight for sex and sexuality questions, initiating sexual health exams and testing, gender-affirming treatment options and relationship health. All identities and questions are welcome!

Online Resources
Centre for Clinical Interventions: Tolerating Distress

The Unwanted Party Guest Video:
https://www.youtube.com/watch?v=VYht-guymF4

Russ Harris- ACT Mindfully

The Struggle Switch:
https://www.youtube.com/watch?v=rCp1l16GCXI

Paul Eckman's Atlas of Emotions
http://atlasofemotions.org
Apps for your Smartphone, Tablet, or Computer

ACT Coach          Headspace (student discount)
Calm               Mindfulness Coach
DBT Diary          Stop Breathe & Think

https://www.headspace.com/studentplan

Books for Further Reading

Mind and Emotions by McKay, Fanning, and Zurita (2011)
The Happiness Trap by Harris (2008)
The Illustrated Happiness Trap by Harris (2014)
Get Out of Your Mind and Into Your Life by Hayes (2005)