

ACCEPTANCE IS THE KEY

ACCEPT THE REALITY AS IT IS:

- ▶ FRUSTRATION
- ▶ HEIGHTENED ANXIETY
- ▶ HEIGHTENED EMOTIONALITY & VULNERABILITY
- ▶ FEAR OF UNCERTAINTIES



MAINTAINING A SCHEDULE



ACCEPTANCE OF FACTS



SET A TIME ASIDE FOR SELF-TALK



WRITE AND REFLECT



MEDITATION



THOUGHTS AND EMOTIONS JOURNAL



ACCEPT AND SHARE (FEARS AND LIMITATIONS)



LISTEN CLOSELY



SIFT OPINIONS FROM FACTS

DISTRESS TOLERANCE

- ▶ THINKING IN TERMS OF PROBABILITY
- ▶ SIMPLE, CONCRETE AND SPECIFIC
- ▶ COPING STRATEGIES (FUNCTIONAL VS DYSFUNCTIONAL)
- ▶ SELF-SOOTHE



IMPROVE THE MOMENT

- ▶ I: IMAGERY
- ▶ M: MEANING
- ▶ P: PRAYER/ SPIRITUALITY
- ▶ R: RELAXATION TECHNIQUES
- ▶ O: ONE THING AT A TIME
- ▶ V: VACATION (MENTAL BREAK)
- ▶ E: EMPATHY & ENCOURAGEMENT TO SELF



REGULATE THE EMOTIONS

- ▶ TIME-OUT
- ▶ LISTEN TO YOUR BODY
- ▶ NURTURE YOURSELF (FOOD & REST)
- ▶ PERSPECTIVE & PROBLEM SOLVING APPROACH
- ▶ ACCEPTING LIMITATIONS
- ▶ YOUR REMOTE CONTROL
- ▶ MAKE PLACE & TIME TO VENT OUT
- ▶ CREATE
- ▶ AVOID EMOTIONAL DENIAL AND SUPPRESSION



LET'S BUILD RESILIENCE

- ▶ BUILD CONNECTIONS
- ▶ FOSTER WELLNESS (PHYSICAL & MENTAL)
- ▶ CREATE MEANING
- ▶ RESPECT & EMPATHY
- ▶ ACKNOWLEDGE CHANGE
- ▶ SEEK HELP