



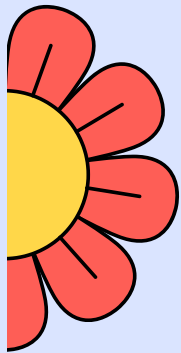
WELLNESS LETTER

JULY
2023



By Emma Eastwood, CCW
Leichhardt One Mile Community Centre

DBT Skills



Dialectical Behaviour Therapy (DBT) has some good skills to learn healthier ways to cope with intense emotions. DBT is designed to help change unhelpful ways of thinking and behaving.

Emotional Regulation and Interpersonal Effectiveness



Emotional Regulation

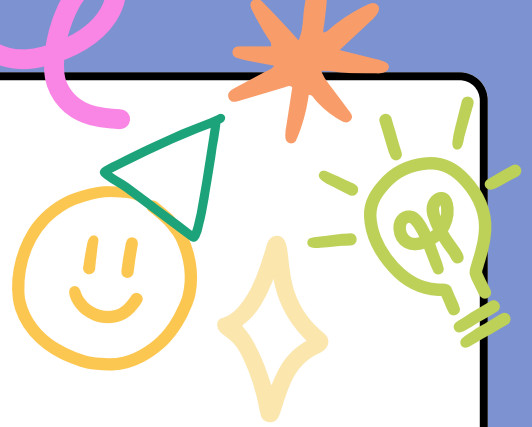
Emotional regulation can be explained as the art of controlling one's emotions. Benefits include long-term well-being, enhanced work performance, improved overall health, and greater problem-solving ability. When someone lacks the ability to regulate their emotions it can look like overreacting to situations, having emotional outbursts, experiencing prolonged negative emotions, and intense mood swings.

Interpersonal Effectiveness

Interpersonal skills help to communicate and interact with others effectively. Benefits include developing positive relationships, building self-respect, and learning to balance competing demands. Lacking interpersonal effectiveness can be seen through a refusal to collaborate, someone who is quick to quit, and a resistance to coached.



WELLNESS LETTER

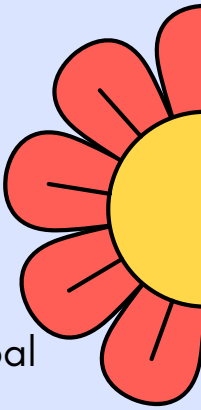


DEAR MAN

An acronym to help remember an effective way to ask for something or to say no.

- D- DESCRIBE the situation
- E- EXPRESS your feelings
- A- ASSERT yourself
- R- REINFORCE your request

- M- stay MINDFUL of your goal
- A- APPEAR confident
- N- NEGOTIATE solutions



Resources

ERIC

Emotional Regulation
Impulse Control
Wallet Cards

DBT Tools

Dialectical Behavior
Therapy
Homework handouts

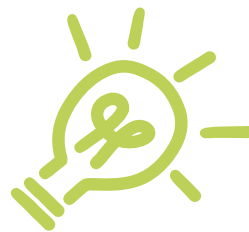
GIVE

An acronym to help remember how to effectively maintain relationships.

- G- be GENTLE
- I- act INTERESTED
- V- VALIDATE others
- E- use an EASY manner

Gov. WA CCI

Government of Western
Australia Centre for
Clinical Interventions
Assertiveness Workbook



Connect with LOMCC
Emma Eastwood, CCW



http://

