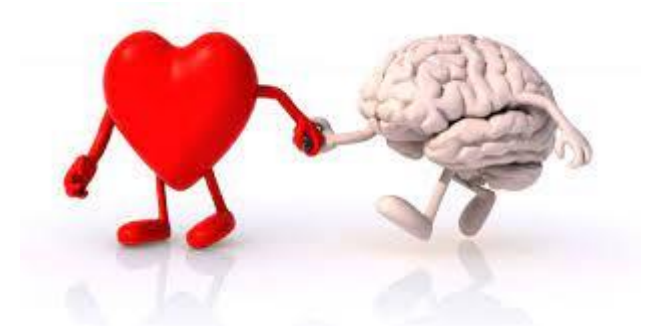


# Managing Post COVID-19 Condition Therapeutic Education Program

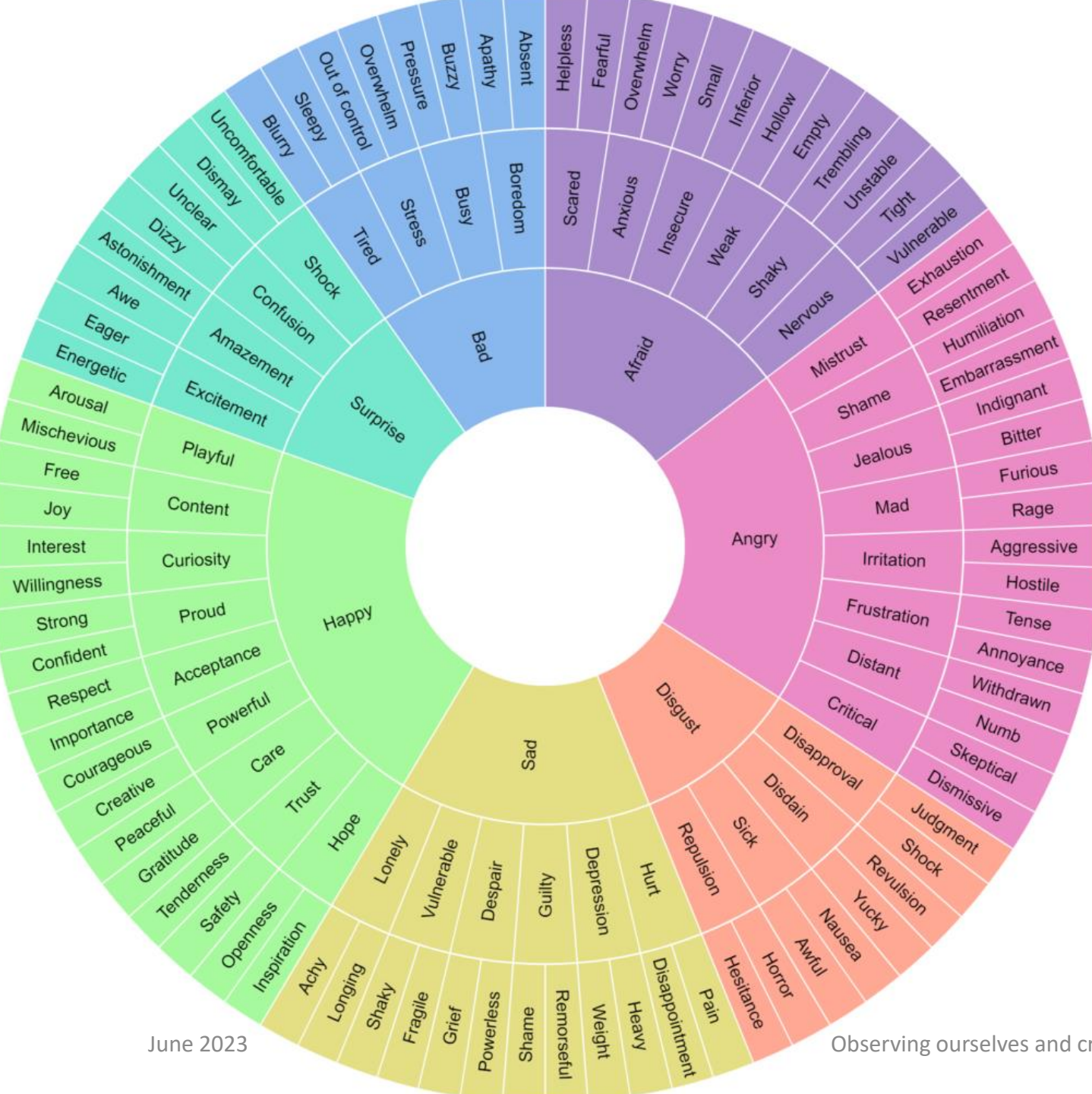
*Observing ourselves and  
creating flexibility*

## Today's objectives:

- Notice the impact of our emotions, thoughts, and behaviours
- Consider alternate perspectives to a situation
- Identify your values
- Recognize the qualities you want to bring to action



# Wheel of emotions and feelings



Wong, Dr. Albert (2022, June 13) *Learning How to Speak in the Language of Emotions (The Feelings Wheel)*. Somatopia. Retrieved March 17 2023 from <https://www.somatopia.com/blog/the-emotions-wheel-or-the-feelings-wheel>

- What if I worsen or deteriorate?
- I'm so useless.
- No one understands what I am going through.
- Is it all in my head?
- I can't get reinfected. If I get reinfected, I will be so much worse.
- Am I going to be like this forever?
- I'm just a shadow of my former self.
- I don't know who I am anymore.
- How am I going to financially support myself/my family?
- I need to go back to work.
- Am I never going to work again?
- What if I never...

Thoughts...  
thoughts...  
and more  
thoughts...

## Exercise 10 - Cognitive Distortions

The following list of common cognitive distortions can help you to identify, label and pre-empt your own thinking process errors:

1	<b>Catastrophising:</b> Automatically assuming the worst possible outcome. <input type="checkbox"/>	10	<b>Blaming:</b> Automatically attributing personal blame or responsibility to self or others. <input type="checkbox"/>
2	<b>Polarised Thinking:</b> Viewing things in absolute or black and white terms. <input type="checkbox"/>	11	<b>Perfectionistic Thinking:</b> Demanding unhelpful standards of exactitude and viewing anything less than 100% as failure. <input type="checkbox"/>
3	<b>Over-generalising:</b> Making sweeping inferences based on a single negative event. <input type="checkbox"/>	12	<b>Comparing:</b> Devaluing self-worth by negative comparison with others. <input type="checkbox"/>
4	<b>Negative Filter:</b> Focusing on the negatives and ignoring or discounting the positives. <input type="checkbox"/>	13	<b>Change Fallacy:</b> Assuming that things should always change to make us happy or suit our needs. <input type="checkbox"/>
5	<b>Jumping to Conclusions:</b> Drawing conclusions without checking the facts. <input type="checkbox"/>	14	<b>Control Fallacy -</b> Assuming we are powerless / victimised if we are not in control. <input type="checkbox"/>
6	<b>Mind-Reading:</b> Deciding what people are thinking and feeling without any real evidence. <input type="checkbox"/>	15	<b>Fairness Fallacy –</b> Expecting everything to be measured in fairness and showing resentment when it doesn't work out. <input type="checkbox"/>
7	<b>Emotional Reasoning:</b> Interpreting feelings as factual judgments. <input type="checkbox"/>	16	<b>Reward Fallacy –</b> Expecting sacrifice and self-denial to pay off and feeling bitterness when the reward doesn't happen. <input type="checkbox"/>
8	<b>Musts / Shoulds:</b> Expressing wishes and preferences as rigid demands. <input type="checkbox"/>		
9	<b>Labeling:</b> Using global labels to describe a person based on a single characteristic or situation. <input type="checkbox"/>		



**Anxiety.** Lump in your throat, churning stomach, trembling, dry mouth, sweating, shortness of breath, feeling weak or tense.

**Anger.** Hot or flushed face, clenched fists or jaw, shaking, jerky body movements.

**Joy.** Feeling of lightness in your body, warm heart, "butterflies" in your stomach.

**Sadness.** Feeling of "heartache," heaviness in your body, tightness in chest, fatigue, drooping face.

**Shame.** Hot face, lowered eyes, sunken body posture.

**Fear.** Dizziness, weakness in legs, goosebumps, fast breathing and heart rate.

# Physical cues (body sensations)

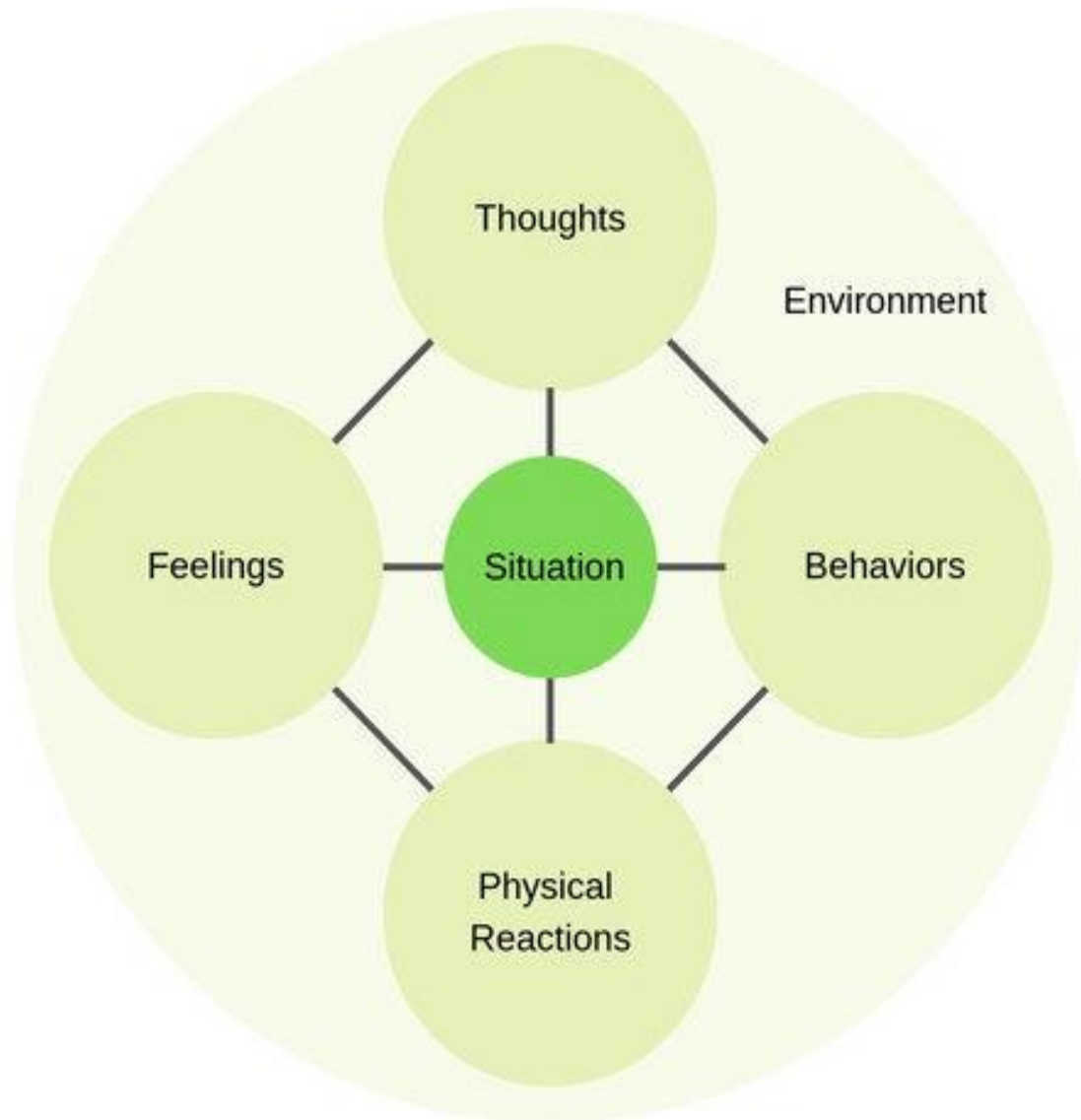
Pederson, Traci (2022, August 29) *What are physical emotions?* PsychCentral. Retrieved March 3 2023 from <https://psychcentral.com/blog/emotions-are-physical#examples>

What is my response to the situation?

- How do I behave?
- What is my action/inaction?

What I do affects how I think and feel...

# Behavioural response



# Putting it together ...

Hall, Katherine (2018, December 18). *Understanding the thoughts-feelings-behaviours connection*. Retrieved March 16 2023 from <https://www.ktherapy.ca/blog/2018/12/19/thoughts-and-reactions>





# Living and acting by your values



A word cloud of values in orange and white text on a dark blue background. The words are arranged in a non-linear fashion, with some larger than others. The values include:

- Compassion
- Gratitude
- Empathy
- Kindness
- Altruism
- Patience
- Loyalty
- Connection
- Courage
- Trust
- Independence
- Determination
- Punctuality
- Love
- Security
- Collaboration
- Forgiveness
- Learning
- Generosity
- Health
- Integrity
- Creativity
- Honesty

# Living and acting by your values

- Think of the most meaningful moments in your life?
- Do my actions support my values?

Situation	Emotion	Body sensations	Other Thoughts and Emotions	Behaviour/Action	Did this cost you anything in terms of what you want in life?	What could have been the alternative?
The insurance company calls me and asks when am I going to go back to work?	Sadness	Chest tightness Feeling of heaviness	Guilt Hopeless  Why can't I go back to work?  I am useless  I miss my old self	I cancel my plan to see a friend.  I don't eat for the rest of the day.  I couldn't go to sleep that night because I just kept thinking about everything.		

## Questions to ask yourself?

- Would I think about this situation differently tomorrow?  
Can the weight of what I feel today change tomorrow?
- Are there any pieces of information that can bring more context and understanding to what I'm feeling/thinking?
- If someone I cared about had this thought, what would I say to them? OR  
If they knew I had this thought, what would they say to me?
- Do you know anyone who manages the emotion of \_\_\_ well? What do they do? OR  
What does it look like if someone was really good at managing \_\_\_?
- How do I want to engage with this thought/emotion?
- Am I blaming myself for something that I don't have complete control over?
- What can I think of that reflects a more fair, kind, neutral or compassionate view of my responsibility?

- I'm so useless.
  - What can I do today?
- No one understands what I am going through.
  - Is there truly no one? Who does understand?
- Am I going to be like this forever?
  - Forever is a long time. Let's stay in the present.
- How am I going to financially support myself/ my family?
  - What financial option can I apply for now?
- I don't know who I am anymore.
  - What are the parts of me that are still here?
- I need to go back to work.
  - I am doing \_\_\_\_ to help me get back to work.
- Am I never going to work again?
  - Never is an absolution. I don't know that.
- What if I never...
  - What if I can/do...
  - Let me take this one day at a time.

The  
alternate  
thought...



# Exercise #1

1. Think about important areas of your life, what are you like at your best?
2. Pick a few words (verbs or adjectives) and write them down on a piece of paper.
3. Think of a thought and/or feeling that gets in the way of you being your best.
4. Write this word down on another piece of paper.
5. Place these papers side by side.
6. What action(s) do you want to take moving forward?



# Mental Health Supports and Crisis Services

Provincial Mental Health Supports <https://ontario.cmha.ca/provincial-mental-health-supports>

Crisis Lines and Services <https://www.camh.ca/-/media/files/community-resource-sheets/crisis-resources-pdf.pdf>

Doing what matters in times of stress <https://www.who.int/publications/i/item/9789240003927>

Anxiety Canada and MindShift CBT Anxiety App

Ontario Structured Psychotherapy Program and BounceBack <https://bouncebackontario.ca/adults-18/>

Downloadable apps

AbilitiCBT, Clarity – CBT Thought Diary

Insight Timer, Calm, Headspace, Balance

