

POSITIVE SOBRIETY INSTITUTE

COPING WITH ISOLATION



April 14, 2020

HOPE EVERYONE IS HANGING IN THERE!

In this week's newsletter, we will focus on coping with triggers.

REDUCING EMOTIONAL OVERWHELM

Dialectical Behavioral Therapy (DBT) uses a helpful strategy called 'ABC PLEASE' to reduce the experience of overwhelm. A – Accumulate Positive Experiences, B – Build Mastery and C – **Cope ahead of time**. And each letter in PLEASE stands for ways to take care of yourself. DBT loves a good acronym. I want to focus on the C in ABC. To practice Coping ahead of time, you can utilize this 2-step process.

WHAT MIGHT I FEEL...

DESCRIBE a situation, as specifically as you can, that is likely to create overwhelming emotions. Name the emotions that you feel may be particularly difficult for you to experience.

HOW MIGHT I COPE...

DECIDE what specific coping skills you want to use in the situation. Imagine the situation in your mind, rehearse coping effectively in your mind.

Triggers can happen when you least expect them. When you think all the emotional wounds are healed something can happen that reminds you there is still a scar.

Alexandra Eva-May

FRIENDS OF LARS

Awhile back, a group of alumni created a Facebook page to help alumni maintain contact, share stories and celebrate milestones. Feel free to check out [Friends of Lars](#) on Facebook.

THE "NORMALIZATION" OF DAY DRINKING

With many Americans staying at home, people are turning to alcohol to cope with the stress, boredom and anxiety of isolation. So, here are a couple tips recovering people can use to help cope with the increase in exposure to day drinking/drinking to excess/drinking to cope.

PLAY THE TAPE THROUGH – "I remember what happened last time I drank/used."

PERSPECTIVE SHIFT – "I have tools to help me cope, some people do not. I have worked hard to put coping tools in my toolbox."

REFRAME – "I know the benefits of staying sober."

GRATITUDE – "I am grateful I do not turn to substances for relief."

REFLECT – "What feelings is this bringing up for me?"

ENGAGE WITH YOUR TRUTH – "Alcohol affects me differently than others."

ASSESS – "Do I need to avoid this trigger or face it?"

SELF-COMPASSION – "I understand why this may bother me, that's ok."

REACH OUT – "I will let someone in my support system know I am thinking about this."

WHAT ELSE HAS BEEN HELPFUL TO YOU?

ONE PERSONS JOURNEY TO SOLITUDE

"As a self-identified "loner" --and aren't we all a little bit?-- my first reaction to being sequestered at home for a while was that it really wouldn't be so bad. Initially, I successfully reframed my "situation" from a state of ISOLATION to a state of SOLITUDE. Isolation connotes an unhappy condition of loneliness, perhaps not entirely voluntary. Solitude, on the other hand, has a more positive intension; suggesting a choice to be by oneself in a spiritual or inquiring endeavor. So, I've been trying to use the time (when I'm not working) to delve into some of the areas I've put off for the last few years -mostly metaphysical and rather intellectual. I'm reading about the Benedictine rule and early Christian communities; American history and anarchism, sobriety. It has become a little harder over the last week, as this upheaval continues, but I try to start each day in a calm frame of mind. I have continued my daily routines which I began at PSI over a year ago and which have helped me so much in my sobriety: journaling, texting about 10 people each morning, many from my time at PSI, and reading some type of literature relative to addiction and sobriety. Meditation is also useful, but I don't have time daily. The most important thing that I have learned, however, is that even though I love the cerebral, it's your friends who keep you sober." – Alumni, S. H.



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If you need any additional support,
we are here for you.
Please call: (630) 542-2249