

TRAIN YOUR BRAIN FOR SLEEP!

Spending a lot of time in bed awake, night after night, sometimes causes sleep problems because it confuses the brain. To sleep well, the brain needs to learn that the bed is a place for sleep. The steps below will help re-train your brain to sleep in bed.

1

USE THE BED ONLY FOR SLEEP.

Don't eat, read, watch TV, argue, talk on the phone, or do anything else except sleep in bed. Only get in bed when it's time to sleep. This teaches the brain that the bed is for sleep. (It's ok to use the bed for sex, but nothing else.)

2

DO NOT GO TO BED UNTIL YOU ARE VERY TIRED.

Do not go to bed based on the time. Instead, go to bed only when you are so tired you can barely keep your eyes open. At first you might stay up later than usual when you do this, but that's ok. After a week or so, you will start getting tired earlier in the night.

3

IF YOU ARE AWAKE IN BED MORE THAN 30 MINUTES, GET OUT OF BED AND DO SOMETHING RELAXING.

This is important! Remember, you need to train your brain that the bed is only for sleep (it's not for being awake!). If not sleeping, get out of bed and do something relaxing or boring.

4

WHEN YOU FEEL TIRED AGAIN, GET BACK IN BED.

When you feel tired again, get back in bed (don't fall asleep anywhere else!). But if you still aren't sleeping after 30 minutes, get up again. You might need to get in and out of bed a few times, but this should improve after a week or so.

5

GET OUT OF BED AT THE SAME TIME EACH DAY.

No matter what time you fall asleep during the night, make sure to get up at about the same time each day (even on weekends). Sleeping one or two hours later is not normally a big problem but sleeping a lot later can cause problems.

6

DO NOT NAP DURING THE DAY

If you are very tired in the daytime, it's ok to nap once for 30 minutes. But set a timer, or ask someone to wake you up, to make sure you don't sleep longer.

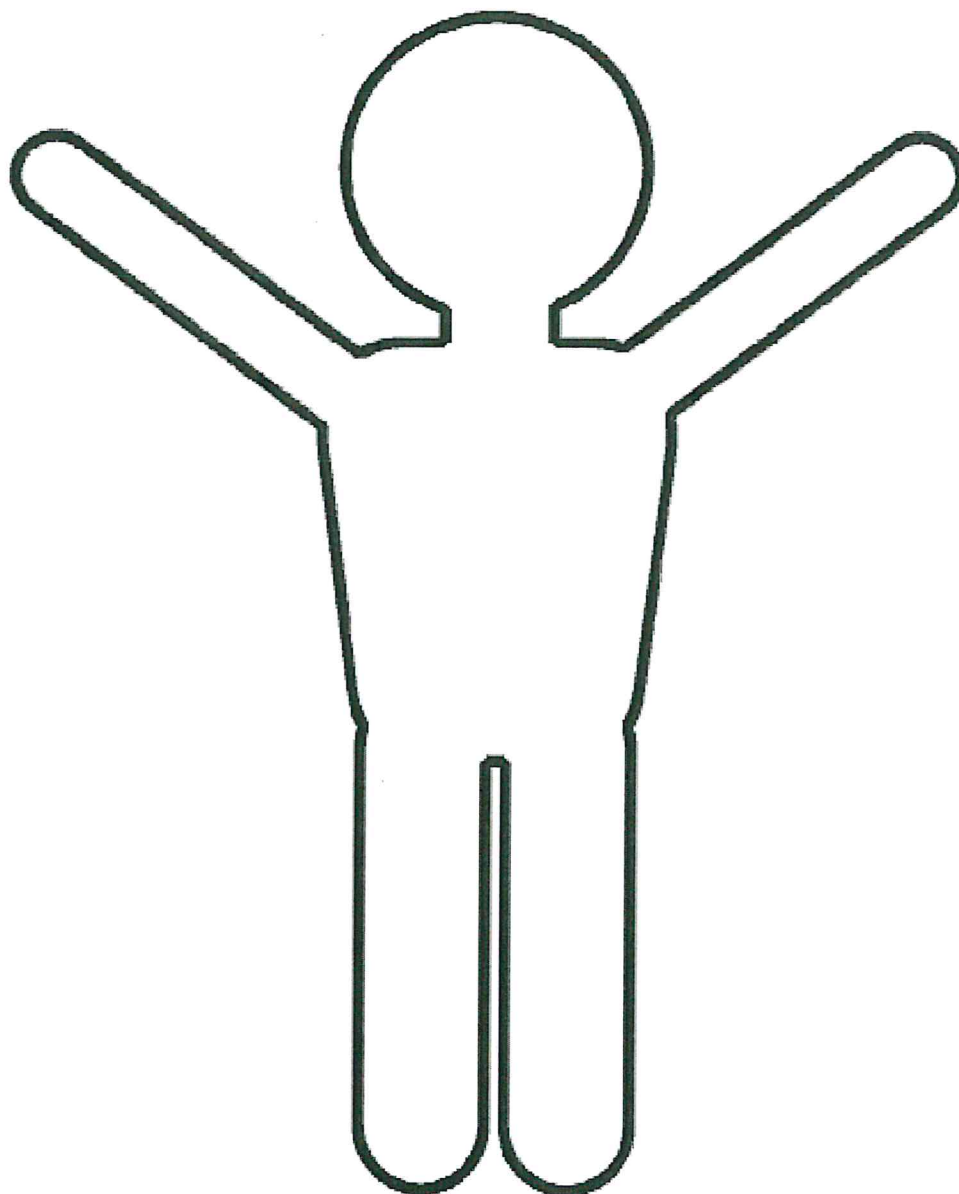
MOST IMPORTANT: HAVE PATIENCE!

If you have had sleep problems for a long time, there is no quick fix. But with time, sleep can get better. If you follow these steps, you might get less sleep at first, but after one or two weeks, you should start sleeping better.



Where Do I Feel?

We can recognize emotions by feeling them in our body.
Color in where you feel each emotion.



Sadness

Happiness

Fear

Anger

Love

Color:

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Dialectical Behavior Therapy (DBT) focuses on teaching patients and families several strategies to help tolerate painful emotions and to manage difficult situations in the best way possible. We all face situations that are out of our control, that are difficult to tolerate, and that cause us to feel emotionally out of control. **TIPP skills** are made for just these types of situations and aim to help you regulate your emotions so that you are better able to think clearly and problem solve.

T stands for **Tip The Temperature**: In order to calm down quickly, try holding your breath and putting your face in a bowl of cold water or holding a cold pack on your eyes and cheeks for at least 30 seconds. This will cue your *mammalian diving reflex* which is a natural reflex that occurs in all mammals and is triggered in humans when our faces are submerged in cold water. The reflex causes our body chemistry to change—heart rate drops down immediately and the parasympathetic nervous system is activated to prompt a relaxation response. Make sure to keep water above 50 degrees Fahrenheit

I stands for **Intense Exercise**: Try to engage in intensive exercise, even if it's only for a short amount of time. Exercising intensely will help your body get rid of negative energy that can sometimes be stored from strong emotions. Get rid of this energy by running, walking at a fast pace, doing jumping jacks, etc. Exercise naturally releases endorphins which will help combat any negative emotions like anger, anxiety, or sadness.

P stands for **Paced Breathing**: Another way to cue your parasympathetic nervous system is to breathe deeply into your stomach. Try to slow down the pace of your inhales and exhales (on average, five to six breaths per minute). It helps if you try to breathe out more slowly than you breathe in.

The last **P** in TIPP stands for **Paired Muscle Relaxation**: It can help if you add muscle relaxation to paced breathing. While breathing deeply and slowly, deeply tense each of your body muscles one by one. Notice this tension and then breathe out and let go of the tension by completely relaxing your muscles. Pay attention to the difference in your body as you tense and let go of each muscle group.

Cognitive Defusion

Definitions of Cognitive Fusion and Defusion:

In Acceptance and Commitment Therapy, cognitive fusion refers to the human tendency to become entangled with thoughts as a result of a strong belief in their literal content. In other words, we listen to and believe what our minds tell us. Buying into thoughts is not necessarily problematic, except when believing results in avoidance of actions that are important to us. For example, your mind might tell you that you are boring and unattractive. Fusion with these thoughts will probably result in your avoiding social or romantic interactions even if being close with others is very important to you.

Fusion is most likely to arise across six domains of thinking:

- **Rules.** Rule-governed thinking often consists of “should,” “must,” “ought” and “if-then” language. *If I’m in therapy, then it must mean I’m crazy. I should be more normal. If people know how messed up I really am, they will never accept me.* Fusion with rule-governed thinking equates to inflexibility, resulting in suffering (the sense that your thoughts and feelings are too much, too heavy to bear, and unfair).
- **Reasons.** Reason-governed thinking typically consists of excuses for why change is impossible, such as *“I don’t have the willpower to change.” “I’m not smart enough (strong enough, capable enough, etc.),” “I’m too lazy (ill, unlucky, etc.), or “My craving (anxiety, depression, etc.) is too strong to battle.”* Fusion with reason-governed thinking holds us back from making meaningful changes even when those changes are in line with important life values.
- **Judgments.** Fusion with judgments can pose a problem whether those evaluations are negative (e.g., *“I’m so ugly”* or *“This anxiety is unbearable!”*) or positive. For example, you might put friends, colleagues, family members, or your therapist on a pedestal, which could lead to feeling chronically disappointed when they do not live up to your expectations.
- **Past and future.** Fusion with past or future can involve both unpleasant and pleasant content; fusion with negative memories, wishing to recapture positive experiences from the past, getting hooked by fears about the future, or wishing for brighter days ahead. All of these forms of fusion pull you out of the present moment and away from the things that are important to you. For example, if you get hooked by thoughts like *“The last time I interviewed for a job, it was a total*

disaster; the next time is bound to be the same,” then you are likely to avoid future job interviews, even if career development is a meaningful life pursuit for you.).

- **Self.** Thoughts about the self are stories we tell that make up our sense of identity. They typically begin with “I am,” and in Acceptance and Commitment Therapy, they are referred to as the conceptualized self. This type of fusion leads you to be driven by the stories you have about yourself (e.g., “*I am a tough-as-nails third-generation cop*”), rather than by your values (e.g., “*I want to be a loving, tender father to my daughter.*”).

Cognitive defusion is the process by which you change your relationship with your thoughts by stepping back and simply witnessing their presence. When you defuse, you disentangle from your self-talk and observe cognitions as entities separate from yourself, as just words. This allows you to look *at* your thoughts rather than *from* them.

Cognitive Distortions

ALL OR NOTHING THINKING:

You see things in black and white categories. If your performance falls short of perfect, you see yourself as a total failure.

OVER GENERALIZATION

You see a single negative event as a never-ending pattern.

MENTAL FILTER:

You pick out a single negative detail and dwell on it exclusively, so that your vision of all reality becomes darkened, like the ink that discolors the entire beaker of water.

DISQUALIFYING THE POSITIVE:

You reject positive experiences by insisting they "don't count" for some reason or another. In this way, you can maintain a negative belief that is contradicted by your everyday experiences.

JUMPING TO CONCLUSIONS:

You make a negative interpretation even though there are no definite facts that convincingly support your conclusion.

MIND READING:

You arbitrarily conclude that somebody is reacting negatively to you, and you don't bother to check this out.

THE FORTUNETELLER ERROR:

You anticipate that things will turn out badly, and you feel convinced that your prediction is an already established fact.

MAGNIFICATION/MINIMIZATION:

You exaggerate the importance of things such as your goof-up or someone else's achievement), or you inappropriately shrink things until they appear tiny (your own desirable qualities or the other fellow's imperfections). This is also called the "binocular trick."

CATASTROPHIZING:

You attribute extreme and horrible consequences to the outcomes of events. A turn-down for a date means a life of utter isolation. Making a mistake at work means getting fired for incompetence and never getting another job.

EMOTIONAL REASONING:

You assume that your negative emotions necessarily reflect the way things really are: "I feel it, therefore, it must be true."

"SHOULD" STATEMENTS:

You try to motivate yourself with "shoulds" and "shouldn'ts", as if you need to be whipped or punished before you could be expected to do anything.

"Musts" and "oughts" are also offenders. The emotional consequence is guilt. When you direct "should" statements towards others, you feel anger, frustration and resentment.

LABELING AND MISLABELING:

This is an extreme form of over generalization. Instead of describing your error, you attach a negative label to yourself. "I'm a loser." When someone else's behavior rubs you the wrong way, you attach a negative label to him/her: "He's a louse." Mislabeled involves describing an event with language that is highly colored and emotionally loaded.

PERSONALIZATION:

You see negative events as indicative of some negative characteristics of yourself or you take responsibility for events that were not your doing.

The Three Good Things

Purpose/Effects

The Three Good Things exercise is intended to increase happiness and a sense of wellbeing.

It does this by a simple method of redirecting attention towards positive thoughts and away from negative thoughts. Human beings have evolved to spend much more time thinking about negative experiences than positive ones. We spend a lot of time thinking about what has gone wrong and how to fix it, or how to do it differently next time. In the past there may have been an evolutionary advantage to this way of thinking, since it seems to be innate. However, for modern humans this negative bias is the source of a lot of anxiety, depression, and general lack of wellbeing.

Luckily, by re-directing our thoughts on purpose towards positive events, we can do a lot to correct this negative bias.

This exercise is to be done each night before going to sleep.

- Step 1: Think about anything good that happened to you today. It can be anything at all that seems positive to you. It need not be anything big or important. For example, you might recall the fact that you enjoyed the oatmeal you had for breakfast. On the other hand, you might also recall that your child took its first step today. Anything from the most mundane to the most exalted works, as long as it seems to you like a good, positive, happy thing.
- Step 2: Write down these three positive things.
- Step 3: Reflect on why each good thing happened. Determining the “why” of the event is the most important part of the exercise. For example, you might say that your oatmeal tasted really good this morning because your partner took the time to go shopping at the local farmer’s market, where they have fresh, organic oatmeal. Or you might say that your child took its first step today because God was pouring blessings down upon your family, or because it really wanted to get to some cookies on the table. You get to decide reasons for each event that make sense to you.

Wise Mind

Using wise mind involves two things. One is learning to focus your attention on the present moment of your life: to be absolutely present and nonjudgmentally aware of everything around you. The second form of wise mind involves the ability to be aware of your awareness. To see that there is a you that is looking at the present moment. Some scientific studies of brain function suggest that developing these two forms of wise mind result in permanent, positive improvements in brain functioning. Wise mind is the observer of the antics of reactive mind. It is aware of what reactive mind is doing, thinking, feeling, remembering, sensing, but isn't caught up in what is transpiring inside the "word machine." Once you understand that you construct your world, that it's basically an *illusion of mind*, then there is no real need to be afraid of or avoid anything in your life space.

