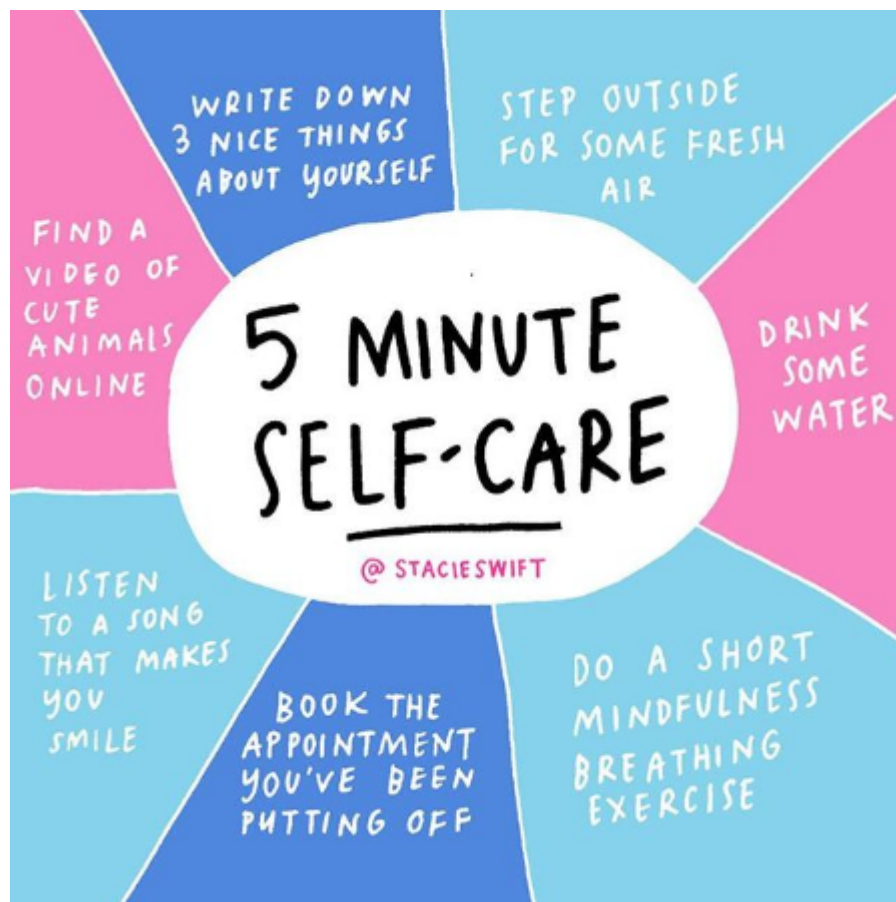




WEEKLY NEWSLETTER



Distress Tolerance During the Holidays

Bryanna Gill, LCMHCA

The holidays can be a stressful time for everyone. Whether it be work to catch up on, seeing family you don't get along with or having to deal with the never ending to-do list. When we feel overwhelmed and stressed, sometimes we can end up having a crisis. A crisis is described as a period of time where someone experiences intense emotions (anxious, stressed, sad, overwhelmed, worried, etc.) to the point where thoughts begin to spiral downwards. A crisis is short lived and can feel that it goes on for a long period of time. Here are some ways to distract yourself during a crisis in a healthy way:

A-ACTIVITIES

Find some activities you enjoy to distract yourself. This could be walking the dog, baking cookies, journaling, reading a book, going to the mall.

C-COMPARISON

Think of times you handled a situation well and compare it to the current time. Think of ways you handled a past crisis and follow the steps again.

C-CONTRIBUTE

Think of ways to contribute to family, friends or the community. This could be volunteering at the animal shelter, helping a loved one with homework, helping someone with their chores.

E-EMOTIONS

Identify the emotions you are feeling in a crisis and find things that can help bring out other emotions. This could be watching a funny video, watching a funny movie, watching a comforting TV show, watching animal videos, looking up jokes on the internet

P-PUSHING AWAY

Sometimes we need a break from our emotions. Push away the emotions and thoughts until you are in a place where you can deal with the situation in a healthy way. Make sure you always come back to dealing with the situation that put you in a crisis in the first place or else this becomes avoidance.

T-THOUGHTS

Find things to distract your thoughts. This can be a puzzle, reading, Sudoku, crossword puzzles, word searches, etc.

S-SENSATIONS

Find things that bring comfort to your 5 senses. Smell essential oils, listening to rain falling, feel a soft blanket, eat something sour to help ground yourself.

These are some strategies to help bring you from a level 10 crisis down to a manageable level to help deal with the situation you are experiencing. The holidays can be difficult and remember,

You can do hard things!!

TEEN INTENSIVE OUTPATIENT PROGRAM

This program is for teens 11-18 years old. It is available 5 days per week in our newest location at :

104A Fountain Brook Circle,

Cary, North Carolina, 27511

For more information, please click on the button below, or call us at

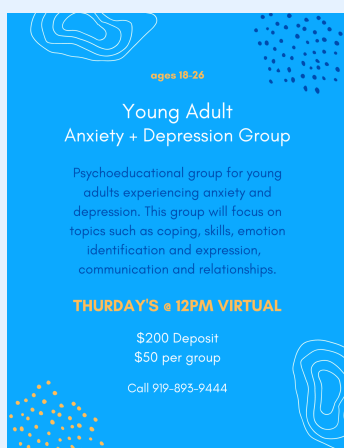
[919-893-9444](tel:919-893-9444), option 1 for intakes. Email us at :

info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Teen Intensive Outpatient Program

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Empowerment & Growth Group
- Teen Social Club
- Parenting Teens Support Group
- Young Adult Anxiety & Depression Group



ages 18-24

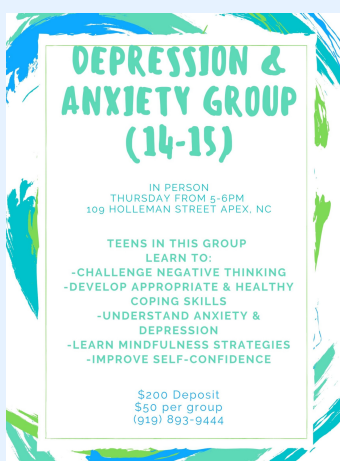
Young Adult Anxiety + Depression Group

Psychoeducational group for young adults experiencing anxiety and depression. This group will focus on topics such as coping, skills, emotion identification and expression, communication and relationships.

THURSDAY'S @ 12PM VIRTUAL

\$200 Deposit
\$50 per group

Call 919-893-9444



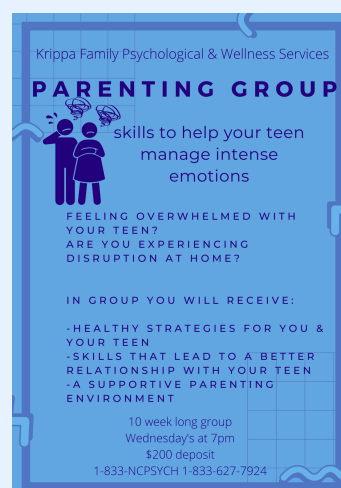
DEPRESSION & ANXIETY GROUP (14-15)

IN PERSON
THURSDAY FROM 5-6PM
109 HOLLEMAN STREET APEX, NC

TEENS IN THIS GROUP
LEARN TO:

- CHALLENGE NEGATIVE THINKING
- DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
- UNDERSTAND ANXIETY & DEPRESSION
- LEARN MINDFULNESS STRATEGIES
- IMPROVE SELF-CONFIDENCE

\$200 Deposit
\$50 per group
(919) 893-9444



Krippa Family Psychological & Wellness Services

PARENTING GROUP

skills to help your teen
manage intense
emotions

FEELING OVERWHELMED WITH
YOUR TEEN?
ARE YOU EXPERIENCING
DISRUPTION AT HOME?

IN GROUP YOU WILL RECEIVE:

- HEALTHY STRATEGIES FOR YOU & YOUR TEEN
- SKILLS THAT LEAD TO A BETTER RELATIONSHIP WITH YOUR TEEN
- A SUPPORTIVE PARENTING ENVIRONMENT

10 week long group
Wednesdays at 7pm
\$200 deposit
1-833-NCPSYCH 1-833-627-7924

Website

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Krippa Family Psychological & Wellness Services

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