

Dr. Kris

RESET: BEHAVIORAL MODEL OF SELF CARE

- (^) EVALUATE ENVIRONMENTAL RESPONSES
- (^) DISTINGUISH PRIMARY & SECONDARY APPRAISALS
- (+) META-AWARENESS OF AVAILABLE COPING MECHANISMS
- (+) REDIRECT & REFRAME

REALIZE
SOOTHE

- (+) MINDFULNESS
- (+) ADAPTIVE MEASURES TO CALIBRATE STIMULATION
- (+) INITIATE NEUTRAL STANCE
- (-) MALADAPTIVE BEHAVIORS/ SOOTHING MEASURES

METACOGNITION
AGILITY
RESILIENCE

- (^) IDENTIFY FAULTY THINKING STYLES
- (-) COGNITIVE DISTORTIONS/ DISRUPTIVE THOUGHT OCCURENCES/ PATTERNS
- (+) PRACTICE REFRAMING + NON-JUDGEMENTAL STANCE
- (+) ENGAGE IN POSITIVE/PRODUCTIVE THOUGHTS/ACTIVITIES

END
UNPRODUCTIVE THINKING

- (+) INVIGORATE PHYSICAL/EMOTIONAL HEALTH STATE
- (+) ENGAGE IN WIDE RANGE OF HEALTHY MOVEMENT/REST-ORIENTED ACTIVITIES
- (+) RECALIBRATE BODILY SYSTEMS
- (-) REDUCE UNHEALTHY INTAKE/BEHAVIORS

ENERGIZE
TALK IT OUT

- (^) INTEGRATION & COLLECTIVE EFFICACY
- (+) SUPERVISED/ACCOUNTABLE SKILL PRACTICE
- (+) ENGAGE IN DIVERSE, POSITIVE, RECIPROCAL RELATIONSHIPS
- (-) ISOLATION AND STIGMA

@TheRealDrKris
KristenLee.com
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