



MENTAL HEALTHY HOPE NEWSLETTER

As mental health issues among individuals continue to rise year by year, month by month, and day by day, so do topics around ending the stigma on mental health. The *Mental Healthy Newsletter* focuses on raising awareness surrounding mental health and decreasing the stigma on campus.

LOOK FORWARD TO:

- ✓ Education, information, and resources about mental illness
- ✓ Tips on mental health and wellness
- ✓ A dose of inspiration and positive affirmations to get you through

Now, let's get into the March Mental Healthy Newsletter!

As many of you know, several counties across the Texas Panhandle and parts of Western Oklahoma have experienced devastating effects of the wildfires, whether physically, mentally, and/or emotionally. As a result, communities all across Texas have stepped up to come and aid our small towns. This newsletter is in honor of that.

Rather than disqualifying the positives, catastrophizing, and ruminating on what could have been, what went wrong, and wishing we could go back and change things, people all over are stepping up and providing support in ways that our small towns never could have imagined.

Each month the topic will focus on something different, providing you with up-to-date information and resources within the mental health field. If you have a specific topic or issue surrounding mental health that you would like to see here, please send an email to Kaisha Yeager at kyeager@fpctx.edu.

Understanding And Embracing Radical Acceptance

Though it sounds somewhat counterintuitive, radical acceptance is not:



Liking or approving of something



Avoiding or denying something



Giving up

Radical acceptance means acknowledging and honoring difficult situations and emotions and wholeheartedly practicing acceptance without:

Judging them



Trying to change them



Characteristics of Radical Acceptance:



Understand you cannot control things



being kind towards yourself

know that things will pass



accepting things as they are

being non-judgemental of yourself or the situation



How to Practice Radical Acceptance



1 Observe that you are questioning or fighting reality (it shouldn't be this way; I can't deal with this; why is this happening to me?)



2 Remind yourself that unpleasant reality is as it is and cannot be changed (this is what happened).

Out of Control
In Control

3 Remind yourself that there are causes for this reality that are outside of your control.

4 Practice accepting reality for what it is with your whole self (mind, body, spirit). Use accepting self-talk, relaxation techniques, and mindfulness to understand your emotions..



5 Think about what you would do if you were able to accept what happened. List all of the behaviors you would engage in if you did accept the facts and then engage in those behaviors as if you have already accepted them.



6 Now, imagine what things would be like if you accepted the situation that appears unacceptable.



7 Let yourself feel your emotions in a safe way. Observe how emotions resonate in your body. Is there any tightness, pain, or restriction?

8 Allow disappointment, sadness or grief to arise within you.

9 Accept that life can be worthwhile even when experiencing pain.



“Radical Acceptance is the willingness to experience ourselves and our lives as it is.”

Coping statements for Radical Acceptance

Here is a list of coping statements you can use in the moment when you are feeling out of control.

I am able to accept the present moment exactly as it is.

I can't change the things that have happened in the past.

When I fight against negative emotions, I only fuel them to grow larger.

I will survive and this feeling will fade even though this feels painful right now.

When I remain rational I am better able to make good choices and solve problems.

It's better to take the right actions than to keep judging or blaming.

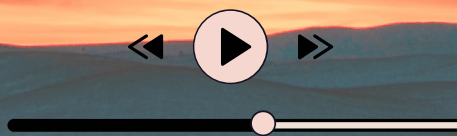
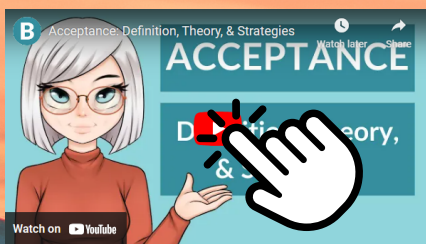
It's possible for me to accept what happened and still end up happy.

It's possible for me to feel anxiety and still manage this situation in an effective way.

I can choose to make a new path even if I feel bad.

I can get through difficult emotions even if it is hard.

Additional Resources:



PRACTICING RADICAL ACCEPTANCE

Many stressor situations happen and we have no control over the situation. We can't change people's behavior or the reality of what's happening and that's why we get stuck. Radical acceptance is a coping skill that helps you accept the reality of the situation and move forward. Use the following exercises to help you practice radical acceptance.

WHAT'S BOTHERING YOU? Use the following lines to write down your thoughts.

UNDERSTANDING REALITY

1. Think about the reality. Can you accept it for yourself? What do you have to do to accept it? Write something here that is a reality you have to accept (on a judgment or opinion)? For instance: "I accept that the world is made of atoms."
2. Think about this reality and just act with it. For instance: "This is what happened. It can't change. It is what it is."
3. What happened, or what events led to this reality? ("This is how things happened").

ACCEPTING REALITY

4. Do you feel disappointed, sad, or angry about not being able to control the situation? Write down your feelings and thoughts. Write down anything you can do to accept this reality. Write down anything you can do to accept this reality. Write down anything you can do to accept this reality.
5. Imagine how you'd change your behavior, or actions, if you accepted this reality? Write down how the world would feel if you could let go.
6. Do you feel disappointed, sad, or angry about not being able to control the situation? Write down your feelings and thoughts. Write down anything you can do to accept this reality. Write down anything you can do to accept this reality.

Disclaimer: This worksheet is adapted from "DBT Skills Training Manual and Workbook, Second Edition" by Marsha Linehan, published by New Harbinger Publishers, © 2015. See page 344 for original content.

MHA
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