

Coeliac.Mindovergut.com Psychological Resilience Program

Module 4 (Part 3 of 3): Keys to Undertaking Successful Exposure Work



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Keys to undertaking successful exposure work

- DO IT GRADUALLY** - Don't look to undertake the most distressing activity on your list, start with something that might cause mild distress; start around 40/100
- DO IT REGULARLY** - Exposure work is best undertaken multiple times a week (around 2-3 times a week), depending on the level of distress. If the exposure task is very stressful and emotionally challenging, be kind to yourself, don't try to engage in it more than once a week
- PLAN** - Have a detailed plan of what you will do, what problems or unhelpful thoughts may/will come up and identify a plan of action to address them
- USE WHAT YOU KNOW WORKS** - Identify and engage in strategies (such as strategies outlined in in Modules 1-3) to help reduce distress prior to, during, and after the exposure activity
- BE PATIENT** - Exposure work is stressful, so be kind to yourself and don't try to do too much at once
- FOCUS ON YOUR STRENGTHS** - Remember your strengths and acknowledge the links between your values and the aim of the exposure work
- REWARD YOURSELF** - Exposure work is challenging, so ensure you reward yourself for trying
- DON'T BERATE YOURSELF** - If the exposure activities did not go as planned - learn, adapt, and overcome!

It's NOT what you DON'T do, but what you DO do!

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Module 4 practice activities

PRACTICE

- BECOME THE OBSERVER OF YOUR EMOTIONS** - When you are experiencing emotions, take time to observe them, don't try to avoid. Try a mindfulness activity to observe those emotions.
- BREATHING PRACTICE** - Continue to practice a slow/deep breathing exercise at least 20 minutes each day
- COGNITIVE DEFUSION** - Keep using those strategies that work for you to
- COGNITIVE FLEXIBILITY** - Spend 10-15 minutes each day identifying and challenging unhelpful thoughts
- EXPOSURE WORK** - Engage in a exposure task at least once over the course of the week

VALUES AND GOALS WORK:

Continue to work on your values and goals - what can you achieve between now and the next module (the practice activities may be your goals for the week, and that's great!)

Be proud of what you achieved - and if not fully successful, what barriers there were, and how you can work to overcome them?

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