



MENTAL HEALTH  
*For Holiness*

# 8 WEEK EMOTIONAL REGULATION PROGRAM

A CATHOLIC AND FEMININE APPROACH  
TO CALMING YOUR NERVOUS SYSTEM AND  
MANAGING SYMPTOMS OF ANGER,  
FRUSTRATION AND ANXIETY

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# INSTRUCTOR



## TALIA KRUSE

Emotional Regulation & Mental Health Coach

Talia went through her own mental health transformation before she had children and then adapted the emotional regulation skills that she had learned to her vocation as wife and mother. She now has 6 children and homeschools on their farm in Northeast Iowa. She has no chickens and only makes sourdough very occasionally while her children eat 8 loaves of store brought bread a week.

She received her Masters in Psychology from Divine Mercy University in 2021 and has been coaching other women in their mental health journey since 2020. Talia is a firm believer in prioritizing sleep, managing expectations, keeping boundaries and taking care of yourself. She loves reading, walking, baking and gardening when she can!

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# THE PROMISE OF THIS COURSE

As with everything, there are no guarantees - there is only the faith that if you do the work, and stay diligent, the skills will do their job. In a world where we see instant visual “before and afters” - the inner transformation of your mental health and nervous system takes a lot of time and repetition. You have unlimited access to this course and the monthly open office times to come and ask me any questions. I do promise that there is hope for you - my clients and I are proof that progress can be made to overcome the anger, frustration and resentment. It doesn't necessarily go away *forever*, because these are natural emotions that happen in our life. But the response is wildly different, and instead of creating more problems, we are able to get over the rough times much more smoothly and quickly.

# EMOTIONAL REGULATION ASSESSMENT

		YES	NO
<b>1</b>	I feel I manage my emotions well, and make reasonable decisions even when I am angry, frustrated or resentful.	<input type="checkbox"/>	<input type="checkbox"/>
<b>2</b>	I know how to distinguish my identity from my emotions.	<input type="checkbox"/>	<input type="checkbox"/>
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<b>7</b>	I know how to hold boundaries and not take responsibility for other peoples' feelings or actions.	<input type="checkbox"/>	<input type="checkbox"/>
<b>8</b>	I am aware of the connection between my emotions, decisions and growth in virtue.	<input type="checkbox"/>	<input type="checkbox"/>

The page features a warm, textured background with a color gradient from light beige at the top to a darker brown at the bottom. In the corners, there are delicate floral illustrations in shades of cream, light brown, and muted grey. The top-left and bottom-left corners show clusters of leaves and small flowers, while the top-right and bottom-right corners feature larger, more detailed flowers with prominent stamens and leaves.

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**“THE CAPACITY  
FOR EMOTIONS IS  
INHERENTLY  
GOOD.”**

CCMMP (2020, pg. 358)

# WEEKLY LESSON PLANS



## LABELING OUR EMOTIONS

This week we are going to work on giving a specific name to the emotions we are feeling and distinguishing our identity from them.



## ACCEPTION OUR EMOTIONS

This week we focus on staying in that emotion and accepting it for 90 seconds, letting it pass through our brain before we act.



## DESCRIBING OUR FEELINGS

This week is focused on documenting our thoughts so that we can analyze them objectively.



## COGNITIVE DISTORTIONS

This week is an overview of the common cognitive distortions that keep us stuck telling ourselves lies that simply are not true.

# WEEKLY LESSON PLANS



## BOUNDARIES

This week is a primer into the world of boundaries and how to keep them. It is important to focus on the responsibilities that we do have, instead of taking on responsibilities that are not ours.



## MANAGING EXPECTATIONS

This week focuses on a skill that all moms need to practice daily - that is being aware of expectations and adjusting them accordingly to our present circumstances.



## GENTLE SELF CARE

We get to the heart of what REAL self care is and why it is important. This is also a DAILY and SUSTAINABLE skill that is important to make time for.



## GROWING IN VIRTUE

The whole reason emotional regulation is important is because it affects the quality of our lives and our relationships - and our growth in virtue. Our emotions can either help us or hinder us in that growth.

The page features decorative floral illustrations in the corners. The top-left and bottom-right corners have clusters of light-colored flowers and leaves. The bottom-left and top-right corners have clusters of darker, more muted flowers and leaves. The background is a soft, textured gradient of light beige and cream colors.

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**“WELL-ORDERED  
EMOTIONS AID HUMANS  
TO ACT ACCORDING TO  
RATIONAL PRINCIPLES  
AND TO THEIR  
VOCATIONS.”**

- CCMMP (2020, pg. 365)

# ARE YOU READY FOR IT?

Let's get started.

Find the following sheets located in the back of this workbook (and in your email and online course platform) and hang them up in your home.

- Gentle Self Care Tracker
- Emotional Wheel
- Cognitive Distortions

I also highly recommend setting 10 minutes aside each day to watch the video and work on journaling.


Whether it's part of your morning routine, or you do it while nursing, or you have to tell your whole family you need 10 minutes to yourself in the bathroom before dinner because it's the only room with a lock on the door - you can do this! You will also be notified via email and text about the next upcoming "office hours" via Zoom where you can ask Talia any questions you may have as you go through the course.



## WEEK 1: LABELING OUR EMOTIONS

### Day 1: Labeling Our Emotions

Looking at the emotional wheel, how familiar am I with using these names to describe what I am feeling? Are there a set of certain names that I seem to gravitate to?



### Day 2: “I am” vs “I feel”

Does this exercise seem trivial or weird? Is it really that big of a deal? Do I identify myself by my emotions? If I feel bad, do I believe then, that I *am* bad?

Try writing, “I am [name], and I feel [emotion].”



### Day 3: Different types of feelings

Do I use “blanket emotions” to describe the emotions that I am feeling? Am I able to distinguish the different range of feelings that the emotional wheel describes?



## WEEK 1: LABELING OUR EMOTIONS

### Day 4: Feelings aren't facts

What has happened recently that I can describe objectively and distinguish the feelings I had from the situation?

Fact:

Ex. *The baby had a blowout diaper just as we headed out the door.*

Feeling:

*I felt frustrated.*

### Day 5: Week Review

What were the things that really stood out this week?



Additional thoughts from the week



## WEEK 2: ACCEPTING OUR EMOTIONS

### Day 1: Accepting Our Emotions

How well am I at accepting the emotions that I am naming?

Am I avoiding certain labels of emotions because I am afraid of it becoming my "identity?" Is there someone in my life or some experience that I saw played out when I think of this certain emotion that I am avoiding?



### Day 2: Physiological Aspects of Emotion

Have I ever reacted so fast to something that when I recall what I did, I felt like I wasn't in control? Like I had no idea I was even doing it? Maybe it was yelling at a spouse, or children or a family member.



### Day 3: Moral Nature of Our Emotions

Do I believe this? Do I believe that I sin when I feel grumpy/sad/angry?

Am I in the habit of having an external reaction before I can even process it?



## WEEK 2: ACCEPTING OUR EMOTIONS

### Day 4: Invite the Lord into Our Emotions

How can I invite the Lord into the present feeling I am having?

Try praying, "Yes, this is what I am feeling. Lord, please just come be with me in this moment." You are not looking for an answer, you are just noticing that He is *there*. With you.



### Day 5: Week Review

Emotions are a gift - but many times we are so reactionary that we miss it. Allowing ourselves to stay in that 90 seconds of emotion can help calm the reactions. This can be difficult because as women, we can also experience so many emotions at once!!

What are any additional thoughts from the week?



## WEEK 3: DESCRIBING OUR FEELINGS

### Day 1: Describing Our Feelings

What is one recurring emotion that I am experiencing that I can put into words as if I am talking to a friend?



### Day 2: Interpreting Events

Type your question right here?  
Did distance learning appear?



### Day 3: Keeping it specific

Type your question right here?  
Did distance learning appear?



## WEEK 3: DESCRIBING OUR FEELINGS

### Day 4: Documenting the thoughts

Am I in the habit of writing down my thoughts or recording them in some way?

How could I start to build this habit?



### Day 5: Thoughts vs. Beliefs

What are some thoughts that I have that have become beliefs? What has been repeated to me over and over throughout my life? Are there beliefs that I'd like to challenge? How are these beliefs affecting the decisions I make?

*Example: When the kitchen was a mess, I used to think "This kitchen is always a mess! It's so frustrating!" I also believed that since the kitchen was a mess, it meant I was a messy person, that I was a mess. It would overwhelm me, and I would neglect it. Now I think "The kitchen is a mess - let's clean it." And that's it!*

## **WEEK 4: COGNITIVE DISTORTIONS**

### **Day 1: All-or-nothing thinking and overgeneralization**

What are some thoughts I have that are of this distortion?



### **Day 2: Mental Filtering and Disqualifying the Positive**

What are some thoughts I have that are of this distortion?



### **Day 3: Jumping to Conclusions and Magnification**

What are some thoughts I have that are of this distortion?



## **WEEK 4: COGNITIVE DISTORTIONS**

### **Day 4: Emotional Reasoning and “Should” Statements**

What are some thoughts I have that are of this distortion?



### **Day 5: Labeling and Personalizing**

What are some thoughts I have that are of this distortion?



# WEEK 5: BOUNDARIES

## Day 1: Mental & Emotional Boundaries

Type your question right here? Did distance learning appear?



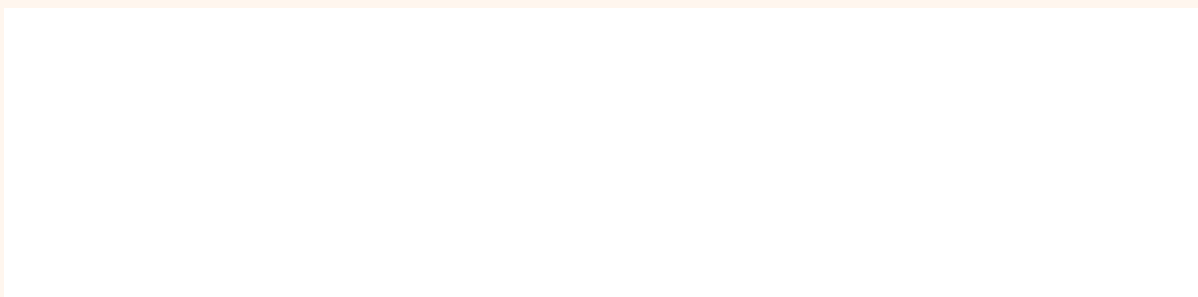
## Day 2: Boundaries and Responsibility

Type your question right here? Did distance learning appear?



## Day 3: Limits of Physical Energy

Do I prioritize sleep? Am I realistic with my time? Do I often “bite off more than I can chew?” Do I think most things will be done quickly?



# WEEK 5: BOUNDARIES

## Day 4: Setting boundaries in time and space

Are there certain areas of my home that I can set boundaries?  
(example: no phone in the bedroom, only eat food at the table, etc.)  
How do I set boundaries with my time? Do I allow myself to take 5 minutes to get ready in the morning? Do I allow myself 5 minutes of exercise? 5 minutes of prayer?



## Day 5:

How well do I ask for 5 minutes from my family? (Example: Mom needs 5 minutes to herself in the bathroom to get ready for the day! or I need 5 minutes of quiet time to pray right now. )  
Is this a reasonable ask?



## WEEK 6: MANAGING EXPECTATIONS

### Day 1: Managing expectations

What are the expectations I have for my life? For my day? Am I afraid of “settling” if I need to change my expectations?



### Day 2: Expectations from Unlived Experiences

What expectations do I have of myself that I have inherited from my family and the culture I live in?



### Day 3: Expectations from Lived Experiences and Reason

What expectations have I had to change because my lived experience was wildly different from what I initially expected? (*Example: I always thought I would have time to go to the gym as a mom, but it hasn't been working and now I work out at home*)  
Are my expectations reasonable? (*Example: Is it reasonable to expect that I will never feel angry, frustrated or resentful ever again?*)




## WEEK 6: MANAGING EXPECTATIONS

### Day 4: Expectations that are too high or too low

What are some expectations I have right now that might be too high? (The way motherhood should feel, the way my house looks, the way I look, what my husband does, doesn't do, how my children behave, etc.)

What are some expectations I have right now that might be too low?



### Day 5: Expectations and desires, goals, dreams

What are my desires, goals, and dreams? As a mom? As a wife? Do I expect these things to come to fruition easily and on a certain timeline?



# WEEK 7: GENTLE SELF CARE

## Day 1: Gentle Self Care

What are my thoughts about self care in general?

What is something I do everyday to take care of myself?



## Day 2: Quality sleep

How is my sleep right now? Do I prioritize it or think it's a big deal? Do I believe that physical exhaustion is just a part of motherhood?



## Day 3: Nutrition and Exercise

How well am I doing at feeding my body good nutritious things? Do I feel overwhelmed just thinking about it?

Am I getting movement in each day?



## WEEK 7: GENTLE SELF CARE

### Day 4: Hygiene and Personal Style

How do I feel in my clothes? Am I using products on my face and body that actually work? Do I feel confident in my clothes and self care routine?



### Day 5: Prayer as Self Care

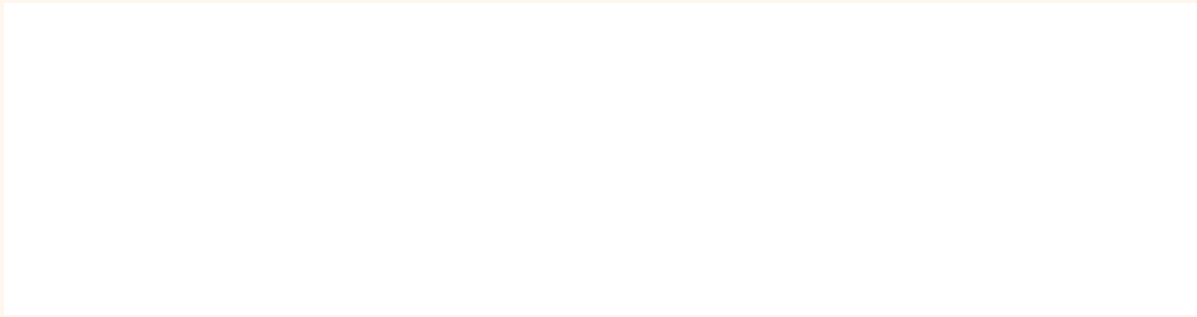
Do I see prayer as self care? Am I able to offer a morning offering at the beginning of my day and spend a few minutes in quiet?



# WEEK 8: GROWING IN VIRTUE

## Day 1: Intro to the Virtues

Am I aware of how virtues show up in my life? What are some specific virtues I want to grow in?



## Day 2: Virtue as action & neuroplasticity

Do I believe that working on habits everyday actually changes my brain structure and makes it easier the next time I do it? Do I think of virtue as big action or am I aware of the little actions I can take in my day to grow?



## Day 3: Virtues and Intentions

Do I want to grow in virtue or do I just want the absence of struggle? Am I aware that virtue will only come through opportunities and grace? (i.e. God won't simply give you patience, he will give you opportunities to be patient and the grace to do so)



## WEEK 8: GROWING IN VIRTUE

### Day 4: Witness in Virtue

What witness do I have in my life that exemplify virtues I want to grow in? Do I have married couples that I can look? Older mothers that I can learn from? If I don't have any, where can I find them?



### Day 5: This is just the beginning

What lingering questions do I have? What exercises have been the most beneficial? What have I noticed?



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**“IN THE  
VIRTUOUS,  
EMOTIONS ARE  
GOVERNED BY  
REASON, THAT  
IS, BY WISE  
JUDGEMENTS.”**

-CCMMP (2020, p.356)

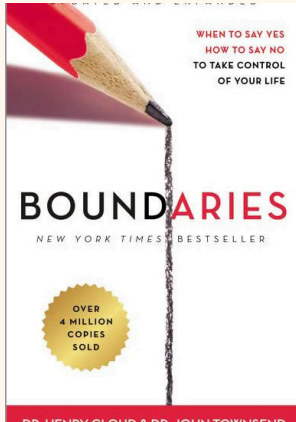
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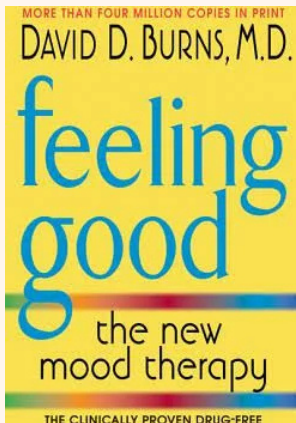
# RESOURCE LIBRARY

These are the texts I leaned heavily on in the making of this course, and I highly recommend the first two for anyone to read. The CCMMP is more of an academic reference book and is not an easy read.



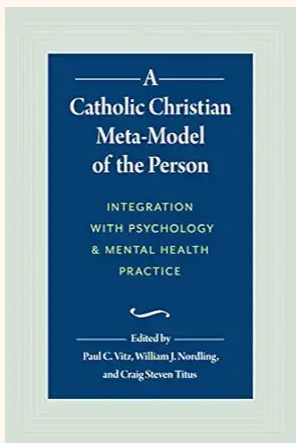
## BOUNDARIES

BY DR. HENRY CLOUD & DR. JOHN TOWNSEND



## FEELING GOOD: THE NEW MOOD THERAPY

BY DR. DAVID D. BURNS



## A CATHOLIC CHRISTIAN META-MODEL OF THE PERSON

EDITED BY PAUL C. VITZ, WILLIAM J. NORDLING, AND CRAIG S. TITUS

# THANK YOU!

You have unlimited access to the 8 Week Emotional Regulation Program and I highly suggest repeated the course in the future. Don't forget you also have access to the monthly open office hours where you can join a Zoom call and ask Talia any questions you may have regarding topics that come up for you during this course.

If you want private coaching - which is by far the best way to truly deepen your transformation and become even more emotionally regulated, do not hesitate to set up a consult call!

[MENTALHEALTHFORHOLINESS.COM](https://www.mentalhealthforholiness.com)



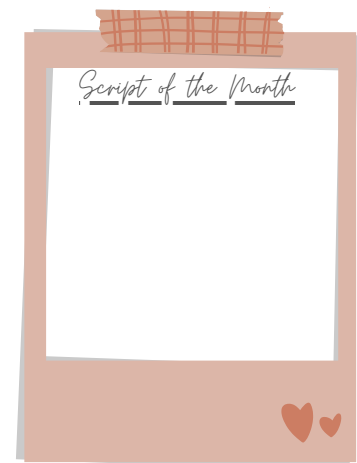


# GENTLE SELF CARE DAILY TRACKER

Month: \_\_\_\_\_

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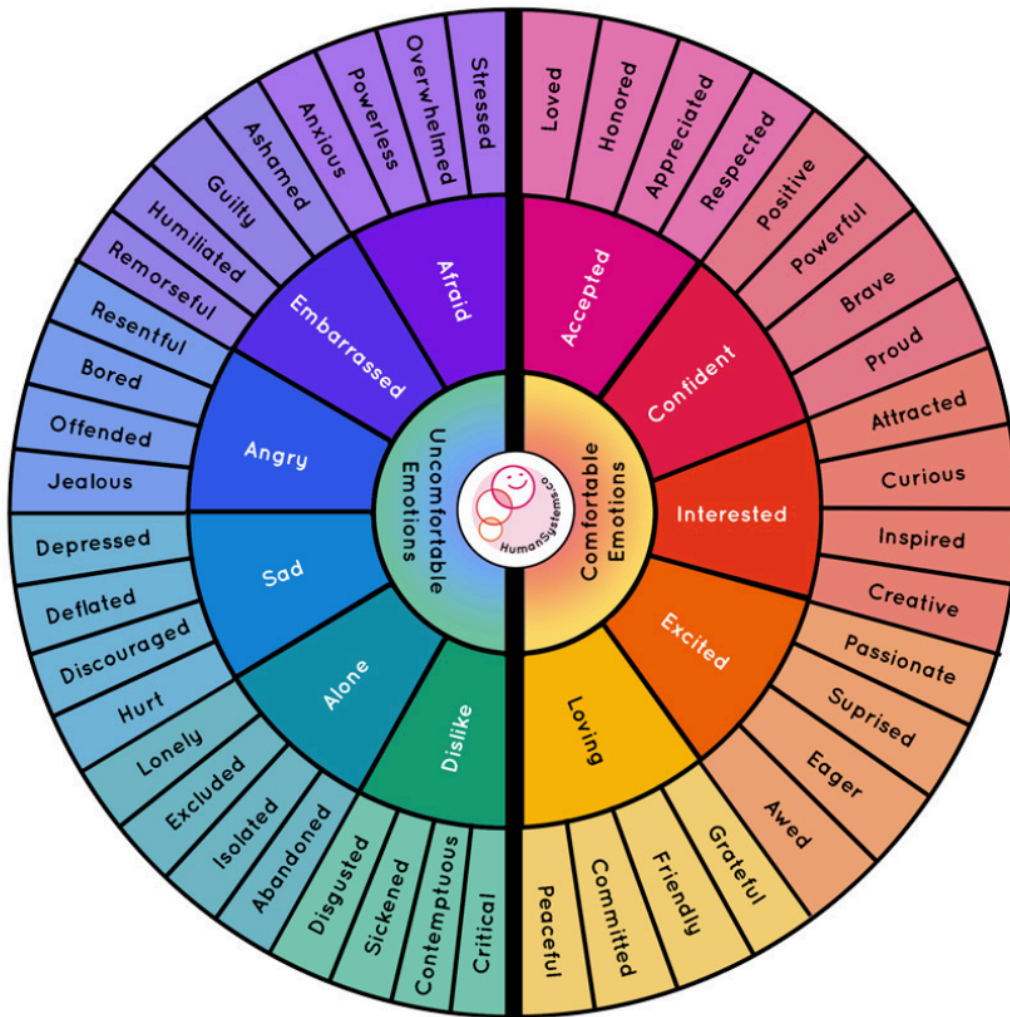
- actual bed time
- actual wake time
- #Zz total hours slept
- medicine/supplements
- mood scale (1-10)
- water drank
- plan: \_\_\_\_\_
- movement
- plan: \_\_\_\_\_
- nutrition
- plan: \_\_\_\_\_
- hygiene
- plan: \_\_\_\_\_
- formal prayer
- plan: \_\_\_\_\_



Notes



# EMOTIONAL WHEEL EXERCISE



Use this emotional wheel to help **name** the emotion you are feeling. The list of emotions on this wheel is not exhaustive!

I am           [your name]          

I feel           [emotion]          

When you repeat this, you are distinguishing that *you are not your emotion.*

You are *a person* experiencing *an emotion.*



# 10 Cognitive Distortions

1. **All or nothing thinking:** Looking at things in absolute, black and white categories.
2. **Overgeneralization:** Viewing a negative event as a never-ending pattern of defeat.
3. **Mental filter:** Dwelling on the negatives and ignore the positives.
4. **Discounting the positives:** Insisting that your accomplishments or positive qualities "don't count."
5. **Jumping to conclusions:** **[A] Mind-reading** - assuming that people are reacting negatively to you when there's no definite evidence for this; **[B] Fortune Telling** - arbitrarily predicting things will turn out badly.
6. **Magnification or Minimization:** Blowing things way out of proportion or shrinking their importance inappropriately.
7. **Emotional Reasoning:** Reasoning from how you feel: "I feel like an idiot, so I really must be one." Or "I don't feel like doing this, so I'll put it off."
8. **"Should statements":** You criticize yourself or other people with "Shoulds" or "Shouldn'ts." "Musts," "Oughts," "Have tos" are similar offenders.
9. **Labeling:** You identify with your shortcomings. Instead of saying, "I made a mistake," you tell yourself, "I'm a jerk," or "a fool," or "a loser."
10. **Personalization and Blame:** You blame yourself for something you weren't entirely responsible for, or you blame other people and overlook ways that your own attitudes and behavior might contribute to a problem.



