



Calming the Emotional Storm: Using Dialectical Behavior Therapy Skills to Manage Your Emotions and Balance Your Life

By Sheri Van Dijk MSW

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When you have difficulties managing your emotions, it can feel like you're losing control of your whole life. Anger, hurt, grief, worry, and other intense feelings can be overwhelming, and how you react to these emotions can impact your ability to maintain relationships, succeed at work, or even think straight! If you find it difficult to understand, express, and process intense emotions—and most of us do—this book is for you.

Calming the Emotional Storm is your guide to coping with difficult emotions calmly and responsibly by using powerful skills from dialectical behavior therapy. This method combines cognitive behavioral techniques with mindfulness practices to change the way you respond to stressful situations. By practicing these skills, you can stop needless emotional suffering and develop the inner resilience that will help you weather any emotional storm.

This book will teach you how to:

- Establish a balanced life for an everyday sense of well-being
- Let go of unwanted worries and fears
- Become better at accepting yourself and others
- Work through a crisis without letting emotions take over

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Editorial Review

Review

"In my twenty-two years in the field, I have not encountered a more comprehensive guide to managing one's emotions. Sheri Van Dijk has taken complex psychotherapeutic processes and broken them down in an easy-to-read, accessible format. If you have ever been paralyzed with intense emotions, this is a must-read. I will be recommending this book to my patients."

—Jody Joseph Levac, MSW, RSW, PhD, director of mental health at Southlake Regional Health Centre

"*Calming the Emotional Storm* is simple, comprehensive, effective, and doable. This encouraging book inspires hope without minimizing that it can take a lot of hard work to make the changes necessary to start living an emotional healthy and balanced life. I will definitely recommend this book to my clients. The exercises in the book support understanding by helping readers stabilize emotional reactions while exploring ways to make positive changes."

—Melanie Williams, registered social worker at Ontario College of Social Workers and Social Service Workers and certified trauma specialist

"In a world where emotions are at the root of much pain and suffering, Sheri Van Dijk has written a skillful guide to help us acknowledge, experience, and, most importantly, bear the emotional landscape of our lives. The combination of concise language, clear explanations, accessible exercises and insightful case studies make this an exceptional tool for individuals, families, and clinicians alike."

—Glenys Smith Elliott, MEd, mental health case manager at York Support Services Network in Ontario, Canada

"*Calming the Emotional Storm* is a reader-friendly manual that will teach readers how to manage difficult emotions. Each chapter prepares readers for helpful exercises on noticing and validating emotions. The dialectical behavior therapy (DBT) skills taught here are effective tools for improving self-esteem and work and personal relationships that will undoubtedly help readers gain a healthy balance in their lives, even in moments of crisis or stress. *Calming the Emotional Storm* will be a valuable asset to my clients and help them improve their overall well-being."

—Barbara L. Anschuetz, EdD, CTS, certified trauma specialist and traumatologist

"Sheri Van Dijk's new book is a well laid-out, user-friendly manual that can assist people in learning new

skills to live a calmer, more effective life. I would recommend it to anyone who feels intense emotions."
—Cheri Faris, BMgt, MSW, RSW, clinical social worker at the Canadian Mental Health Association

"Many can relate to experiencing the 'emotional storm' within. In this book, Van Dijk teaches fundamental DBT skills for helping manage these distressing emotions in a way that is accessible to all readers. The exercises and tips offered make this resource practical and easy to use. It provides readers with the skills they need to feel more in control of their emotions and make their lives more manageable."

—Diane Petrofski, MSW, RSW, Family Health Team

"This book provides a crystal clear, concise, and lively introduction to DBT techniques for the general reader. It should be helpful for anyone who is interested in growing emotionally and learning how to have a healthier life."

—Paula Fuchs, PsyD, assistant clinical professor of psychology in the department of psychiatry at Harvard Medical School

About the Author

Sheri Van Dijk, MSW, is a mental health therapist in private practice and at Southlake Regional Health Centre in Newmarket, ON, Canada. She specializes in the treatment of bipolar disorder and other psychiatric disorders using dialectical behavior therapy (DBT) and mindfulness practice. She is author of *The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder* and *Don't Let Your Emotions Run Your Life for Teens*, and coauthor of *The Bipolar Workbook for Teens*. You can visit her online at www.sherivandijk.com.

Users Review

From reader reviews:

Sandra Spier:

A lot of people always spent their free time to vacation or go to the outside with them family or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity that's look different you can read the book. It is really fun in your case. If you enjoy the book you read you can spent 24 hours a day to reading a reserve. The book Calming the Emotional Storm: Using Dialectical Behavior Therapy Skills to Manage Your Emotions and Balance Your Life it is rather good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. If you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore easily to read this book from your smart phone. The price is not too expensive but this book offers high quality.

Fern Barron:

People live in this new day of lifestyle always try and and must have the free time or they will get large amount of stress from both way of life and work. So , if we ask do people have time, we will say absolutely sure. People is human not only a robot. Then we ask again, what kind of activity do you possess when the spare time coming to a person of course your answer may unlimited right. Then ever try this one, reading books. It can be your alternative inside spending your spare time, typically the book you have read will be Calming the Emotional Storm: Using Dialectical Behavior Therapy Skills to Manage Your Emotions and Balance Your Life.

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Kayla Congdon:

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