



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:

Jason Hill:

Book is to be different for each and every grade. Book for children until eventually adult are different content. To be sure that book is very important for people. The book *Calming the Emotional Storm: Using Dialectical Behavior Therapy Skills to Manage Your Emotions and Balance Your Life* had been making you to know about other information and of course you can take more information. It is quite advantages for you. The guide *Calming the Emotional Storm: Using Dialectical Behavior Therapy Skills to Manage Your Emotions and Balance Your Life* is not only giving you a lot more new information but also to become your friend when you really feel bored. You can spend your spend time to read your e-book. Try to make relationship with all the book *Calming the Emotional Storm: Using Dialectical Behavior Therapy Skills to Manage Your Emotions and Balance Your Life*. You never really feel lose out for everything in case you read some books.

Kristopher Sutherland:

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Dennis Gaines:

This *Calming the Emotional Storm: Using Dialectical Behavior Therapy Skills to Manage Your Emotions and Balance Your Life* is great guide for you because the content that is certainly full of information for you who also always deal with world and have to make decision every minute. This particular book reveal it information accurately using great organize word or we can state no rambling sentences inside it. So if you are read that hurriedly you can have whole info in it. Doesn't mean it only provides you with straight forward sentences but hard core information with attractive delivering sentences. Having *Calming the Emotional Storm: Using Dialectical Behavior Therapy Skills to Manage Your Emotions and Balance Your Life* in your hand like finding the world in your arm, data in it is not ridiculous just one. We can say that no publication that offer you world inside ten or fifteen tiny right but this book already do that. So , this really is good reading book. Hey there Mr. and Mrs. hectic do you still doubt this?

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