

What are my life goals?



Mindfulness Exercises:

- Body Scan
- Mindfulness of breath
- Daily mindfulness: brush your teeth or drink tea mindfully
- Mindfulness of your hand

Dropping anchor: put your feet on the floor notice them there etc ...

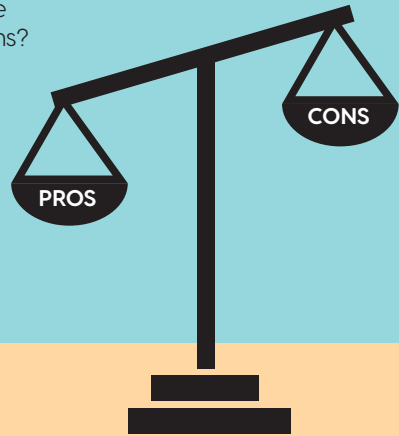
Notice Five things
you can see,
hear, smell etc

An illustration of a person's lower body. They are wearing a blue skirt, pink leggings, and black shoes. Their hands are visible at the top of the frame, resting on a light orange surface. The background is split into a light orange upper half and a teal lower half.



What helps me to ground?

What are the pros and cons?



Do I need to check the facts?

- Am I making a judgement
- What am I assuming
- What are the ACTUAL FACTS

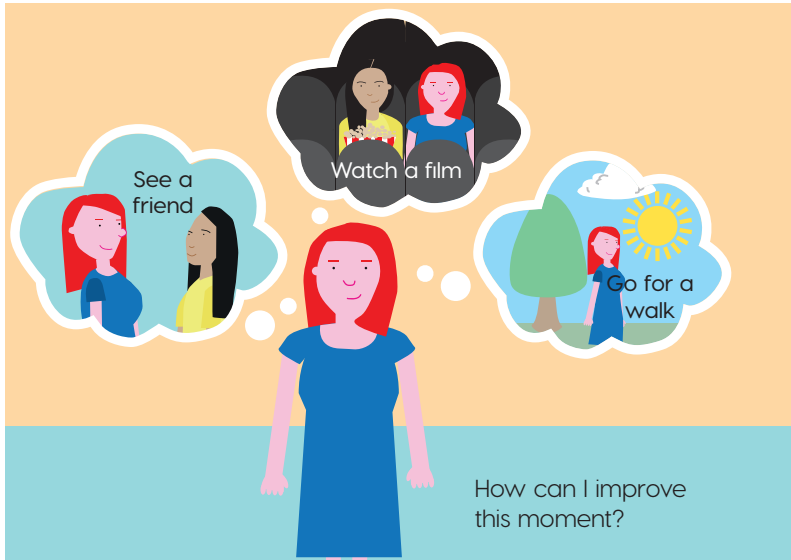


See a friend

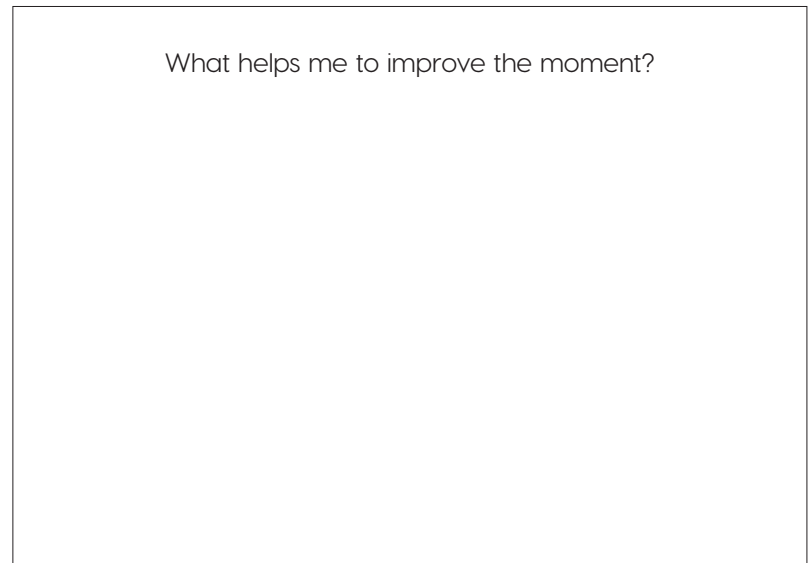
Watch a film

Go for a walk

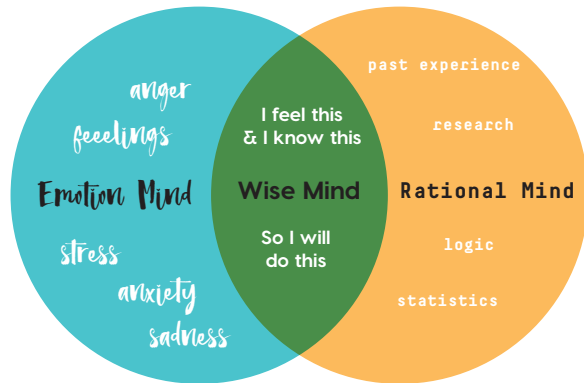
How can I improve this moment?



What helps me to improve the moment?

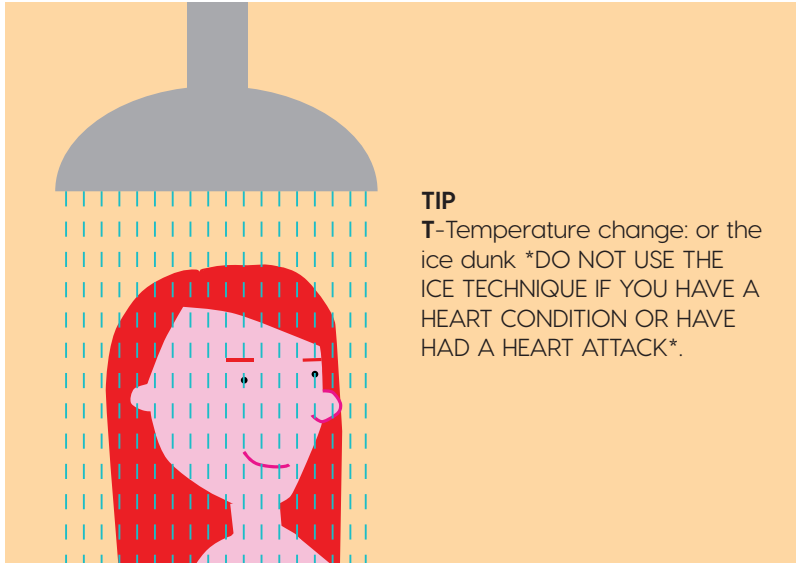


What does wise mind say?

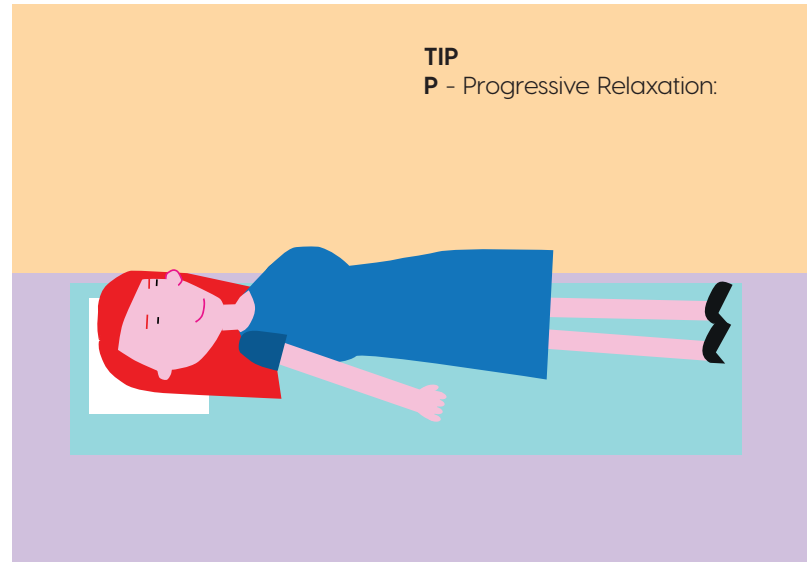


What helps me get into Wisemind?

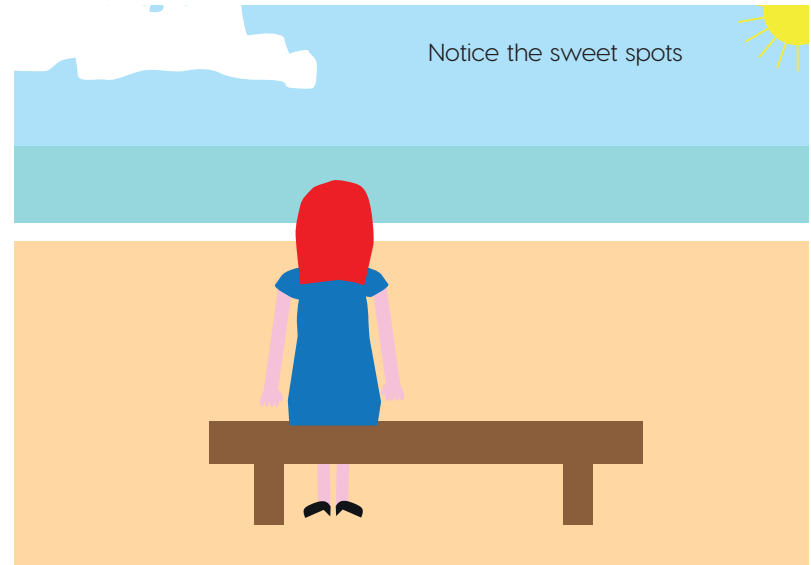




What exercise works for me?



What resources have I tried?
e.g. youtube/ apps/ CDs



The sweet spots in my life



Does this belong in my sieve or my sponge?



What can I keep in my sponge?

What do I need to put in my sieve?

Getting What I Want

- D**escribe
- E**xpress
- A**ssert
- R**einforce
- M**indful
- A**ppeared confident
- N**egotiate



Gentle **I**nterested **V**alidate **E**asy manner



Looking after my relationships



What works for me

Other resources:

Book:
The Dialectical Behavior Therapy Skills Workbook:
Practical DBT Exercises for Learning Mindfulness,
Interpersonal Effectiveness, Emotion Regulation, and
Distress Tolerance by Matthew McKay & Jeffrey C
Wood

Apps:
Calm Harm
DistrACT

Other resources:

Information:

<https://www.getselfhelp.co.uk/dbt.htm>

<https://www.mind.org.uk/information-support/drugs-and-treatments/dialectical-behaviour-therapy-dbt/accessing-dbt/>

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