

DBT Mindfulness Skills

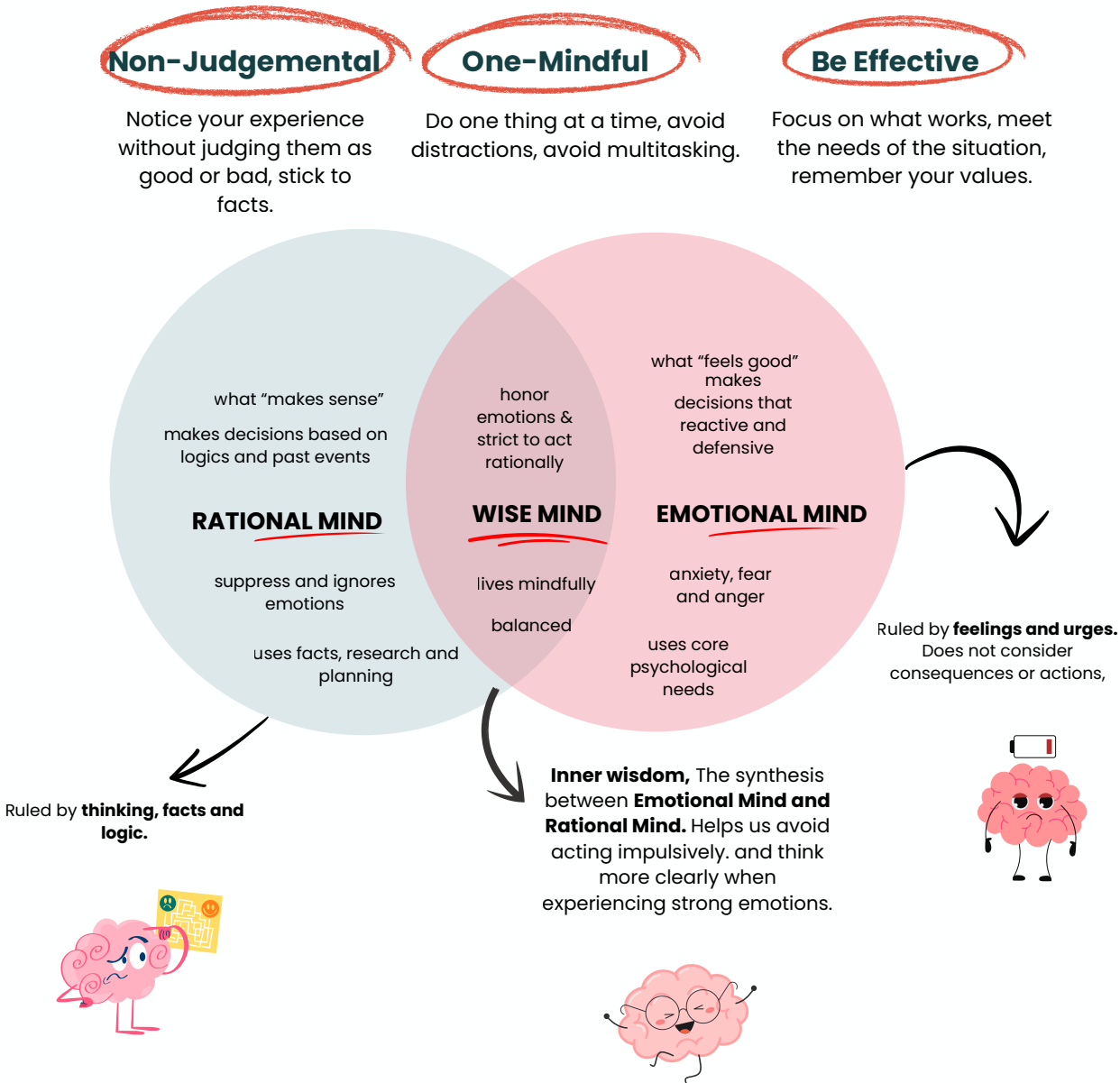
The emphasis of DBT Mindfulness Skills is focusing on the present moment, observing without judgement, relaxing, and noticing signs of distressing emotions.

- Mindfulness is being in control of your mind rather than letting your mind be in control of you.
- Mindfulness skills are needed in order to make use of all the DBT skills.
- Mindfulness Skills take Practice, Practice, Practice.

Mindfulness "What" Skills – These explain what we do when we are mindful:

Observe	Notice the present moment, without attaching words, thoughts, or judgement to the experience.
Describe	Attach words to your experience.
Participate	Give your full attention to the moment, experience it completely without worry or distraction.

Mindfulness "How" Skills – These explain how we practice mindfulness:



Wise Mind Breathing



Breathe deeply. Breathing in, say to yourself "wise." As you breathe out, say to yourself "mind." Continue doing this until you have settled in wise mind.



Mindful Belly Breathing

Take deep belly breaths and bring your complete attention to your breath. When your attention wanders, don't judge yourself. Gently bring your attention back to your breath.

Wise Mind "Urge Surfing"



Imagine your urges are waves in the ocean and you are simply surfing on the waves. Do not act on the urge.

When you are eating, just eat.
When you are walking, just walk.
When you are planning, just plan.
When you are remembering, just remember **BE HERE NOW.**

Mindfulness Practices



Mindful Eating



Tense and Relax Your Muscles



5 Senses



Mindful Square Breathing



Brush Your Teeth Mindfully



Mindful Coloring



Mindful Walking



Count the Clouds in the Sky



Body Scan