

**FINDING OUR POWER TOGETHER**

**BUILDING**  
**OUR BUNDLE**

**MENTAL HEALTH SKILL:**

**"PLEASED"**

**REDUCING EMOTIONAL  
VULNERABILITY**



# **DEBWEWIN: HEARING MY HEART'S SOUND**

## **PLEASED SKILLS**

**PLEASED** is an acronym to help people remember a set of skills that can make emotional regulation easier. The idea behind the PLEASED skill is to take care of your basic needs so that you can make healthier decisions and be less vulnerable to emotional disruptions. Taking care of ourselves in this way helps us to maintain balance and be able to hear the truth our heart is sharing with us; it helps us to act in line with that truth rather than react to preventable stressors.

**PLEASED** stands for **P**hysical health, **I**llness treatment, **E**ating balanced meals, **A**void mood-altering drugs, **S**leep balance, **E**xercise, and **D**aily

### **ACTIVITY INSTRUCTIONS**

Try to prioritize the PLEASED skills for one week, tracking your progress along the way with the tracking card. Identify and address any barriers that may be preventing you from practicing these skills. Reflect on how you felt each day in relation to your ability to take care of your needs. Feel free to add any skills or practices that help you to prevent emotional vulnerability and allow you to connect with your heart truth!



# PLEASED SKILLS BRAINSTORM

SKILL	WHAT DOES THIS LOOK LIKE IN MY EVERYDAY LIFE?
PHYSICAL HEALTH	
ILLNESS TREATMENT	
EATING BALANCED MEALS	
AVOID MOOD ALTERING DRUGS	
SLEEP BALANCE	
EXERCISE	
POTENTIAL BARRIERS TO MY SUCCESS	HOW I WILL REDUCE THOSE BARRIERS



# PLEASED SKILLS TRACKER

	MON	TUE	WED	THUR	FRI	SAT	SUN
PHYSICAL HEALTH							
ILLNESS TREATMENT							
EATING BALANCED MEALS							
AVOID MOOD ALTERING DRUGS							
SLEEP BALANCE							
EXERCISE							
OVERALL MOOD							
NOTES:	<p><b>REMINDER: PLEASED CAN ONLY BE PRACTICED WHEN WE ARE NOT IN DISTRESS!</b></p> <p>TRY A DISTRESS TOLERANCE SKILL TO REDUCE INTENSITY:</p> <p><b>S</b>TOP WHAT YOU'RE DOING <b>T</b>AKE DEEP BREATHS <b>O</b>BERVE THE SITUATION <b>P</b>ROCEED EFFECTIVELY</p>						