

# MINDFULNESS

## OVERVIEW

Mindfulness is intentionally living with awareness in and acceptance of the present moment—without judgment or attachment; not getting stuck in the past or hyper focused on the future. Mindfulness can be practiced anywhere, at any time, while engaged in any single activity.

### WISE MIND

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A balanced state of mind, where a person is aware of their emotions and also considers facts, logic, and long-term goals when making decisions and interpreting information

### "WHAT" SKILLS

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**Observe**—Actively noticing and paying attention to your present experience, using all your senses to perceive your internal and external environment, including thoughts, feelings, and physical sensations

**Describe**—Putting words to your observations, essentially labeling your thoughts, feelings, and sensations without adding interpretations or judgments, essentially acting like a neutral commentator on your own experience

**Participate**—Throwing yourself completely into your experience, staying fully present in the moment

### "HOW" SKILLS

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**Non-judgmentally**—Observing your thoughts, feelings, and sensations in the present moment without labeling them as good or bad

**One-Mindfully**—Being fully present and avoiding distractions or multitasking; involves giving your full attention to the present moment without dividing your focus across multiple things

**Effectively**—Actively noticing and engaging with your current experience without judgment, allowing you to respond to situations in a thoughtful and purposeful way

# DISTRESS TOLERANCE

## OVERVIEW

The goals of Distress Tolerance skills are to survive crisis situations without making them worse, accept reality so that you can become unstuck and replace suffering with ordinary pain, and become free of having to satisfy your urges, desires and intense emotions.

### STOP

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Respond vs. react to a situation so that you can move forward during a crisis situation

### TIPP

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When in a crisis and emotions feel overwhelming, TIPP targets your body's physiological response

### ACCEPTS

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Skills meant to distract attention away from overwhelming emotions when sitting in emotion is not optimal

### IMPROVE

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Improve the moment to make it easier to get through difficult situations

### TURNING THE MIND

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Turn your mind toward acceptance; when you come to a fork in the road turn toward the wise mind choice

### SELF-SOOTHE

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Engage your senses to help bring down the intensity of unwanted emotions

### HALF-SMILE/WILLING HANDS

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Use your body to communicate to your brain that you are okay

### PROS AND CONS

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Weigh the pros and cons of acting on an urge against using skills instead

### RADICAL ACCEPTANCE

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Accept reality for what it is rather than wishing that things were different

### WILLINGNESS

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Be open, accepting and engaged in the current moment

# EMOTION REGULATION

## OVERVIEW

The goals of Emotion Regulation skills are to understand and name your own emotions, decrease the frequency of unwanted emotions, decrease emotional vulnerabilities, and decrease emotional suffering.

### CHECK THE FACTS

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Manage emotions by examining a situation objectively and assessing whether your emotional reaction aligns with the actual facts, rather than being based on assumptions or interpretations

### OPPOSITE ACTION

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Intentionally choose to act in a way that directly contradicts the urge or behavior prompted by your current strong emotion, aiming to reduce the intensity of that emotion by going against its natural inclination

### PROBLEM SOLVING

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Effectively identify, analyze, and navigate challenging situations by generating potential solutions, weighing their pros and cons, and choosing the most appropriate course of action

### ABC

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Accumulate Positives-intentionally seek out and actively engage in positive experiences

Build Mastery-engage in slightly challenging tasks to develop a sense of accomplishment and competence, thereby boosting self-esteem and overall mental well-being

Cope Ahead-proactively prepare for anticipated challenging situations by mentally rehearsing effective coping strategies in advance

### PLEASE

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A set of self-care skills that focus on maintaining physical health to reduce vulnerability to stressors

# INTERPERSONAL EFFECTIVENESS

## OVERVIEW

Interpersonal Effectiveness skills help you be skillful in getting your wants and needs met from others, build healthy relationships and end destructive ones, and “walk the middle path.”

### GIVE

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Rooted in approaching conversations with kindness, active listening, acknowledging the other person's feelings, and maintaining a relaxed demeanor when interacting in relationships

### FAST

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Maintain self-respect during interpersonal interactions by communicating honestly and fairly, while not apologizing unnecessarily and staying true to one's personal values; essentially a tool for assertive communication without compromising self-worth

### DEAR MAN

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Express needs and wants, set boundaries, and navigate interpersonal interactions while maintaining healthy relationships; focuses on balancing assertiveness with respect for both oneself and others, ensuring that communication is clear, direct, and goal-oriented; particularly useful for managing difficult conversations or advocating for oneself in challenging situations