

DBT SKILL CARDS



WHAT IS DBT?

DBT stands for Dialectical behaviour therapy. The main goals are to teach people how to live peacefully in the moment, develop healthy coping strategies to deal with stress, regulate their emotions, and improve relationships with others.

The term "dialectical" comes from the idea that integrating two opposites -- acceptance and change, will generate better results than either one alone.

There are four skills taught in DBT:
- Mindfulness, Distress tolerance, Interpersonal Effectiveness and Emotional regulation.

DIALECTICAL BEHAVIOR THERAPY


MINDFULNESS

DISTRESS TOLERANCE

INTERPERSONAL EFFECTIVENESS

EMOTIONAL REGULATION

DBT CHEAT SHEET



MINDFULNESS

<p>THE 'WISE MIND'</p> <p>The balance between the rational and the emotional mind. The place of inner wisdom.</p>	<p>THE 'WHAT' SKILL</p> <p>Observe - sensing or experiencing. Describe - putting words on what you observe. Participate - Let yourself get involved in the moment.</p>	<p>THE 'HOW' SKILL</p> <p>Non-Judgmental, One-Mindful and Effective.</p>
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DISTRESS TOLERANCE THE GUIDE TO HEALTHY RELATIONSHIPS

- ACCEPTS**
- ACTIVITIES, CONTRIBUTING COMPARISONS, EMOTIONS, PUSHING AWAY, THOUGHTS, SENSATIONS
- SELF-SOOTHE WITH YOUR 5 SENSES**
- VISION, HEARING, SMELL, FEEL AND TASTE
- PROS/CONS**
- MAKE A LIST OF THE PROS AND CONS OF ACTING ON YOUR URGES.
- TIPP**
- TIP THE TEMPERATURE, INTENSE EXERCISE, PACED BREATHING, PAIRED MUSCLE RELAXATION
- IMPROVE**
- IMAGERY, MEANING, PRAYER, RELAXING ACTIONS, ONE THING IN THE MOMENT, VACATION, SELF ENCOURAGEMENT AND RETHINKING
- RADICAL ACCEPTANCE**
- STOP FIGHTING REALITY AND ACCEPT IT FOR WHAT IT IS
- PROBLEM SOLVING**
- FIGURE OUT IF THERE IS A WAY TO CHANGE THE SITUATION

EMOTIONAL REGULATION EMOTIONS HAVE A FUNCTION

- STOP**
- STOP, TAKE A BREATH, OBSERVE, PROCEED
- OPPOSITE REACTION**
- CHOOSING TO DO EXACTLY THE OPPOSITE OF WHAT YOUR EMOTIONS TELL YOU TO DO
- ABC PLEASE**
- ACCUMULATE POSITIVE EXPERIENCES, BUILD MASTERY, COPE AHEAD - POSITIVE SELF TALK
- VITALS TO SUCCESS**
- VALIDATE YOURSELF, IMAGINE, TAKE SMALL STEPS, APPLAUD YOURSELF, LIGHTEN THE LOAD, SWEETEN THE POT
- INTERPERSONAL EFFECTIVENESS**
- BUILD AND MAINTAIN POSITIVE RELATIONSHIPS**
- DEAR MAN**
- DESCRIBE, EXPRESS, ASSERT, REINFORCE, STAY MINDFUL, APPEAR CONFIDENT, NEGOTIATE
- GIVE**
- BE GENTLE, ACT INTERESTED, VALIDATE, USE EASY MANNER
- FAST**
- FAIR, APOLOGIES, STICKING TO YOUR VALUES, AND TRUTHFUL.
- BOUNDARY BUILDING SKILL**

ACCEPT SKILL

ACTIVITIES

A Participate in hobbies you enjoy, such as watching a movie or playing cards.

CONTRIBUTING

C Contribute to society, volunteer, or offer something nice for a friend.

COMPARISONS

C Compare yourself to others less fortunate than you or to others who are coping the same or less well than you.

EMOTIONS

E Watch an inspirational movie, book or music that create a better emotion or feeling.

PUSHING AWAY

P Ask yourself these questions. Can I do anything about this right now?
Is it a good time to work on this?

THOUGHTS

T Distract your thoughts by engaging in some mindfulness activities.

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PROS AND CONS

The Pros and Cons skill can help individuals respond to difficult situations and feelings more effectively.

Naturally, many people use pros and cons to assess situations and behavior, such as whether or not they should choose to proceed with something. However, the DBT pros and cons are a little different as this skill also assesses the pros and cons of tolerating vs. not tolerating distress (coping vs. not coping). For example, imagine that your natural urge or behavior was to verbally speak up and give your friend a piece of your mind because they said something very upsetting. The comment said upset you, and hurtful experiences and feelings from your past were re-triggered. Then, of course, you could yell and scream as usual, or you could sit with the uncomfortable feeling, ride the feeling wave, and talk yourself through some effective coping skills.

Thinking about the consequences of tolerating versus not tolerating this distress can help you make more positive choices that align with your long-term goals.

HOW TO DO IT

1 What is the urge or behavior that you are trying to avoid?

2 Examine the pros and cons of acting on the urge/behavior vs. not acting on it. Consider what had happened in the past when you acted on your urge.

3 Look at the advantages & disadvantages (or pros and cons) of each option. Consider your values and long-term goals.

PROS AND CONS

URGE OR DOING BEHAVIOR

ACTING ON BEHAVIOR

PROS OF ACTING ON URGES, GIVING UP, GIVING IN OR AVOIDING

- FEELING BETTER IN THE MOMENT
- RELEASE TENSION
- FEELING SOMETHING RATHER THAN NUMB
- FEEL COMFORT IN FAMILIARITY
- EASE ANXIETY

NOT ACTING ON BEHAVIOR

PROS OF RESISTING URGES, DOING WHAT NEEDS TO BE DONE,

- NO SCARS
- FEELING PROUD
- LEARN TO DEAL WITH EMOTIONS IN A MORE EFFECTIVE WAY

PROS

- AVOIDANCE OF DEALING WITH THE PROBLEMS

- CAUSES DISTRESS TO LOVED ONES

- MIGHT ACCIDENTALLY HURT MYSELF REALLY BAD

- EMBARRASSMENT AND SELF-LOATHING

CONS

- NO INSTANT RELIEF

- FEELING OUT OF CONTROL

- FEELING HELPLESS

THE JUDGE'S VERDICT Examine the advantages & disadvantages of each of the viable options. What is the best thing to do?

"SELF-HARMING IS NOT WORTH IT AS IT DOESN'T FIX ANYTHING LONG TERM. INSTEAD I SHOULD TRY AND USE SOME MORE EFFICIENT COPING SKILLS."

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TIPP SKILL

CHANGE YOUR THOUGHTS BY CHANGING YOUR BODY CHEMISTRY

The TIP skill is intended to change your body chemistry quickly in order to reduce the effects of an overwhelmed emotional mind; where your thinking and behaviors are controlled by your overwhelming emotions.

TIP THE TEMPERATURE

T Hold your breath and place your face in a bowl of cold water. Alternatively, you could hold an ice pack on your cheeks for 30 seconds.

INTENSE EXERCISE

I Work up a sweat. Use your energy by doing a cardio workout, such as running, lifting weights, or playing a physically demanding sport.

PACED BREATHING

P CONTROL YOUR BREATHING. Breathe in deeply through your nose for four seconds, and then breathe out through your mouth for six seconds.

PAIRED MUSCLE RELAXATION

P While you're focusing on your breathing, Try to tense the muscles in your body. Focus on how your tension feels.

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IMPROVE SKILL

The IMPROVE skill intends to improve the moment by replacing the immediate event that has caused unpleasant emotions with a more positive act, making the moment more pleasant and easier to tolerate.

I

IMAGERY

Imagine your safe place with everything you need in one spot. Or imagine yourself coping successfully in the difficult situation that you are in right now.

M

MEANING

Try and find meaning in the moment; look at your values and purpose. Focus on the things that are important to you.

P

PRAYER

Prayer can mean different things to everybody. For example, it may be to pray to the higher god, or maybe it means praying to find strength within yourself at that moment.

R

RELAXING ACTIONS

Do something relaxing for yourself to try and find peace and calm. Read a book, have a bath, listen to music or go for a walk.

O

ONE THING IN THE MOMENT

Mindfully focus on the moment and keep your attention on your task.

V

VACATION

Give yourself a short vacation. Switch off your phone, and give yourself a mini-break that you know you deserve.

E

SELF-ENCOURAGEMENT AND RETHINKING

Practice positive self-talk. Say things such as "I am braver than I think" or "I can do this".

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SELF-SOOTHING SKILL

Self-sooth skill involves doing things that feel pleasant, comforting, and provide relief from stress or pain. It helps to pass the time without making things worse.

VISION

Stimulate your eyes. Go for a walk through the park. Cut out some interesting pictures from a magazine. Look at some art.

HEARING

Go outside and listen to the birds, the wind, or even the waves at the beach. Listen to your favorite music or play an instrument.

SMELL

Light some candles or smell some essential oils. Cook your favorite meal. Go outside and smell the flowers or the fresh air.

TASTE

Eat something yummy. Take your time and focus on tasting every bit of flavor. Feel the different textures in your mouth.

TOUCH

Feel your favorite blanket and piece of fabric. Pat your cat or dog, go outside, pick up different objects from the tree, and feel all the different textures.

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COPING STATEMENTS

1

FIGHTING THE PAST ONLY BLINDS MY PRESENT

I CAN HANDLE WHAT IS IN FRONT OF ME AS IT IS

2

3

LIFE IS WORTH LIVING, EVEN IF I AM IN PAIN

EVERYTHING THAT HAS HAPPENED IN THE PAST, HAS LED UP TO THIS POINT

4

5

I CAN LIVE IN THE PRESENT, DESPITE THE PAIN I AM EXPERIENCING

I CAN HAVE PAIN WITHOUT IT TURNING INTO SUFFERING

6

7

I CAN SURVIVE THE PRESENT, EVEN IF I AM UNHAPPY WITH WHAT IS HAPPENING

THE PRESENT IS THE RESULT OF SO MANY THINGS THAT HAS ALREADY HAPPENED

8

9

I CAN LEARN FROM THE PAST TO SOLVE MY PRESENT AND FUTURE PROBLEMS

ACCEPTANCE ALLOWS ME TO BE FREE FROM THE SHACKLES OF DENIAL

10

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WILLFULNESS VS WILLINGNESS

“ FOR EACH DEFINING POINT THERE IS A OPPOSITE COUNTERPOINT ”

WILLFULNESS

WILLINGNESS

Closed minded	→	Is open-minded
Is rigid and inflexible	→	Is flexible in their thoughts and thinking
Is focused on their ego	→	Considers many
Is self-centered	→	Is focused on connections
Needs to be right, no matter what the situation is	→	Is focused on effectiveness
Is full of excuses	→	Takes action and accountability
Runs from or escapes distress	→	Faces things head on
Shuts down and does not participate in life	→	Is active in life and participates fully
Gives up	→	Continues working and looking for solutions

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STOP SKILL

This skill is useful when noticing that your emotions may be causing you to want to act impulsively on unhealthy behaviors. Use it when your emotions are threatening to get the best of you, and you're tempted to take unhelpful actions such as yelling, screaming or sending a nasty message to someone.

STOP

S Interrupt your negative thinking with the command STOP. Before the emotion you're feeling gets out of control, freeze for a moment and pause with what you are doing.

TAKE A BREATH

T Take a step back. Allow yourself a little time to sort through your emotions. Practice some deep breathing techniques to slow your heart rate down.

OBSERVE

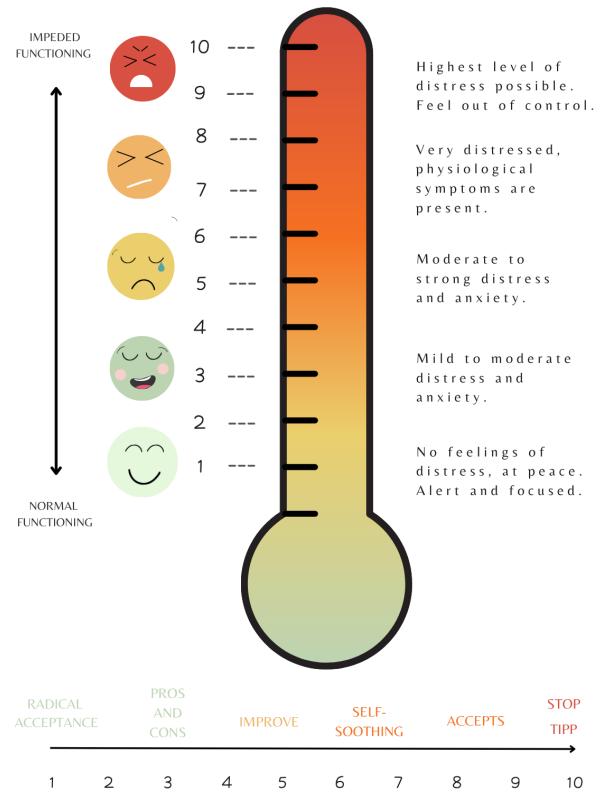
O How might a stranger describe the situation? Try to notice what's happening without judgmental language. Observe your thoughts, feelings, and behavior. How does your body feel?

PROCEED

P Purposefully and mindfully proceed with your next activity, one step at a time. What outcome would be consistent with your wants, needs, and values?

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Subjective Units of Distress SCALE

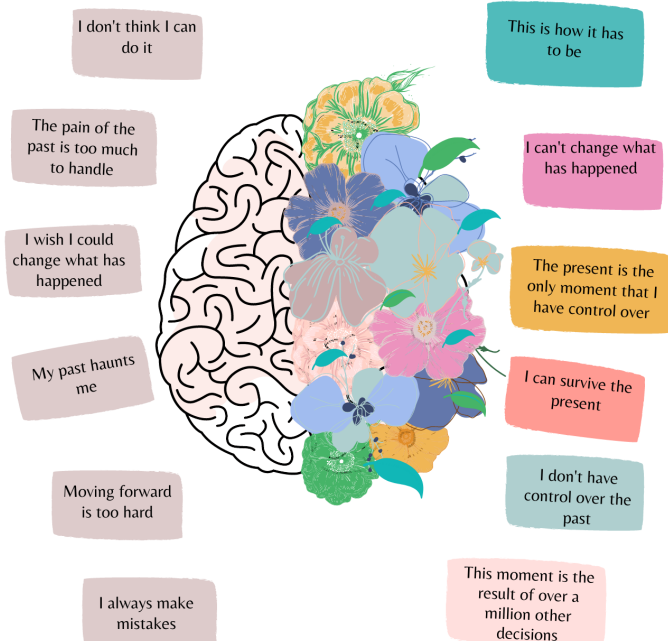


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ACCEPTANCE MINDSET

FOCUSING ON THE PAST

ACCEPTING THE PRESENT



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WHAT SKILLS

“ IN TODAY'S RUSH, WE ALL THINK TOO MUCH-SEEK TOO MUCH-WANT TOO MUCH-AND FORGET ABOUT THE JOY OF BEING ” ECKHART TOLLE



"WHAT" SKILLS

The Mindfulness module incorporates the "What" skill of Observe, Describe, and Participate. Mindfulness encourages you to connect with yourself, others, and the world around you in a new way.

The "What" skills are "core mindfulness skills". Core mindfulness skills in DBT teach us to:

1. Accept reality.
2. Reduce judgment of ourselves, other people, and the world, and
3. Live in and be effective in the moment

OBSERVE

When you observe, you give attention to events, sensations, and feelings without necessarily trying to stop them when they become uncomfortable. Generally, you will want to "step back" from what is happening to observe it.

Notice your environment, thoughts, feelings, and any physical sensations without reacting to them, observe your emotion or thought, and avoid reacting to your emotion or thought. Notice it.

DESCRIBE

Use words to describe your experience. It can be helpful to say this out loud. "I am observing that I feel anxious. I had the thought that I am in danger. I notice that my heart rate is speeding up." Once again, be careful not to attach any labels or judgments to what you are describing.

Describe, not judge, for example, "I feel unloved", not "I am unloved."

PARTICIPATE

When you participate, you enter completely into an activity without being self-conscious. Integrate your observation and describe skills into what you are doing. Open yourself up to every experience without judgment, expectations, or labels. This means that you try to make it feel natural and normal. You are trying to enter the event rather than keeping it separate from it.

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HOW SKILLS

“ TO LIVE FULLY, DBT ENCOURAGES US TO BE NON-JUDGMENTAL, MINDFUL OF THE MOMENT, AND TO FOCUS ON THE DESIRED OUTCOME FOR EACH SITUATION ”



"HOW" SKILLS

How you practice the WHAT skills. These skills are practiced at the same time:

- Nonjudgmentally
- One-Mindfully
- Effectively

When you practice mindfulness, you let go of judgments.

Most of us judge automatically, habitually, and continuously. Judging becomes such a part of our internal dialogue that we don't notice how: It is important to let go of judgments as they increase emotional pain and damage relationships.

The act of taking a non-judgmental stance. To begin observing our thoughts and emotions objectively, we must commit to being non-judgmental about them.

NON-JUDGMENTAL

- It is effective to focus on the consequence of behavior instead of judging others or ourselves.
- It is helpful to fully describe what is observed and collect just the facts; without judging those involved or the circumstances.

The act of focusing on one thing at a time. This is the opposite of multitasking, a common habit in our modern, overstimulated environment.

ONE MINDFUL

- Try not to become distracted by thoughts or images of the past.
- Try to put your worries about the future away and focus on the task.
- Engage in the activity of the moment with your eyes wide open.

Being effective means progressing and strengthening your mindful muscles as you move along. As you practice mindfulness, you become more aware of the spaces between your thoughts and your actions - giving yourself a newfound ability to reduce impulsivity.

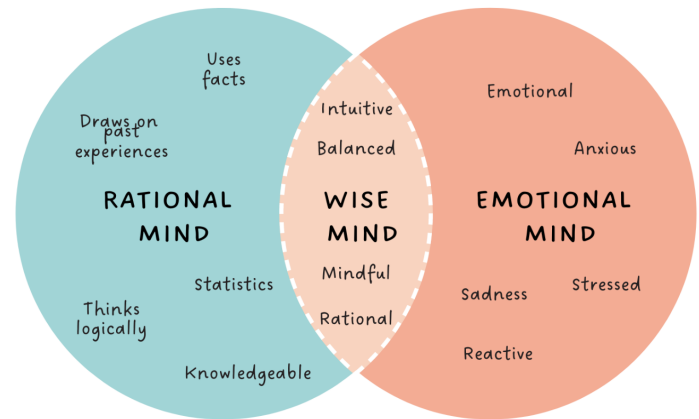
EFFECTIVE

- Try not to worry about being "right."
- Focus on the outcome you desire.

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WISE MIND

THE BALANCE BETWEEN REASON AND EMOTION



OBSERVE

Your bodies sensations

DESCRIBE

What you observe and are feeling

PARTICIPATE

Engage fully in the moment

GIVE SKILL

The GIVE skill is useful in every interpersonal relationship. Whether it's your first time meeting this person or if you have been in a relationship with them for a long time GIVE will help to build and maintain positive relationships.

GENTLE

G Be more gentle and treat the other person with respect. Don't threaten, attack, or express judgment during your interactions with other people.

INTERESTED

I Listen and look interested in the other person. Show interest in other people's points of view by listening without interrupting.

VALIDATE

V Show other people that you understand by validating their thoughts and feelings. Try to recognize when you are demanding, and respect their opinions.

EASY MANNER

E Be relaxed and light-hearted, smile, and show an easy-going manner using a little humor - You will be more approachable. Leave your attitude at the door.

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FAST SKILL

FAST is about maintaining self-respect during conflict and requires you to be truthful about the problems (even if you are tactful about how you frame them) and not to sacrifice your values or integrity. You'll want to use these skills in sequential order and all together.

FAIR

F Be fair to yourself and others. Validate your feelings and wishes, as well as those of others. Being fair means not using dramatic or judgmental thoughts.

APOLOGIES

A STOP making unnecessary apologies; you do not need to apologize for having an opinion or disagreeing. However, this doesn't mean you never apologize.

STICK TO YOUR VALUES

S Be clear on what you believe is the moral or valued way of thinking and acting. Don't change your values just to be liked. Instead, stand up for what you believe in.

TRUTH

T Avoid dishonesty. Be truthful by avoiding exaggerations, excuses, and lies. Are you exaggerating the situation? Are you minimizing it? Are your words true?

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THINK SKILL

THINK is a newer DBT interpersonal effectiveness skill. It was developed to reduce negative emotions toward others. You won't need to use this skill in every interaction, but it will be helpful when interpersonal problems arise and you're feeling upset.

T

THINK

Think about the situation from the other person's perspective. Is she angry, too? Is she viewing you as unreasonable, just like you're viewing her as unreasonable?

H

HAVE EMPATHY

What does it feel like to be the other person? Let yourself feel her emotions for a moment.

I

INTERPRETATIONS

Interpretations of the other person's behavior. Think about possible reasons why she did the thing that upset you. Start with outlandish reasons (to open your mind) and move toward more realistic reasons.

N

NOTICE

Notice the other person. Notice their emotions and behavior. Notice that she smiled at you, even though you may not be on good terms yet. You don't have to do anything about it just yet; simply take note.

K

KINDNESS

This doesn't mean you have to forgive and forget immediately. This means that your words are kind. You may say, "What you said to me hurt, and I hope we can fix this in the future. Right now, I need some space."

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DEARMAN SKILL

DEAR MAN is the interpersonal skill used to ask for something in a respectful and effective way that builds and maintains a relationship—whether or not you actually get what you are asking for.

D

DESCRIBE

Describe the situation simply. Stick to the facts by avoiding opinion and interpretation.

E

EXPRESS

Express how you are feeling by using an "I" statement. Don't assume that the other person knows how you feel.

A

ASSERT

Say what you need. don't beat around the bush. Be firm and clear.

R

REINFORCE

Reward people who respond well, and explain the positive effects of getting what you want or need.

M

MINDFUL

Maintain your position and keep your mind on your goals. Don't steer off from the objective of the interaction.

A

APPEAR

Use a confident voice and body language, and make good eye contact to help you appear confident.

N

NEGOTIATE

Remember that you aren't demanding anything, you are asking for something. be open to negotiation.

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BOUNDARIES

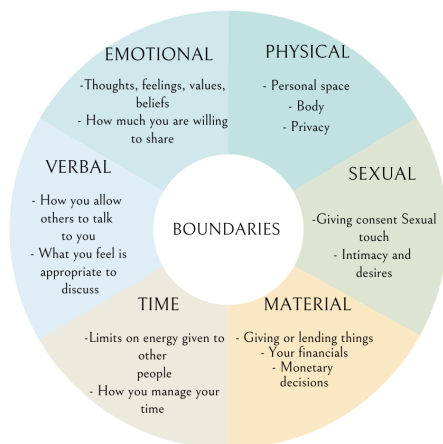
Boundaries are simply the limits, rules, or lines we set for comfort. Boundaries are a set of physical and mental guidelines that are established to help protect ourselves when we are around other people and in relationships.

Having healthy boundaries is an essential personal skill to help you thrive and communicate your needs. It is vital to set limits so that others don't take advantage of or manipulate you.

For example, a person with solid personal boundaries will feel comfortable saying 'no' when asked to do something they are uncomfortable doing without feeling the need to apologize.

Everyone's boundaries are different, so once you set yours it shows others how you expect them to behave around you and vice versa.

TYPES OF BOUNDARIES



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CHEERLEADING STATEMENTS

1

It is OK to want or need something from someone else.

2

I can stand it if I don't get what I want or need.

3

The fact that someone says no to my request doesn't mean I should not have asked in the first place.

4

I can act skillfully and still not get my objective met.

5

Standing up for myself over "small" things can be just as important as "big" things.

6

I can insist on my rights and still be a good person.

7

The fact that other people might not be assertive doesn't mean that I shouldn't be.

8

There is no law that says other people's opinions are more valid than mine.

9

Giving, giving, giving, is not the be-all of life. I am an important person in this world too.

10

I am under no obligation to say yes to people simply because they ask a favor of me.

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MINDFULNESS



Leaving your eyes open, notice five things you can see.

You can say them out loud or silently in your head.

With each of the five sights, pause to take them in completely.

Next, notice four things you can feel in your body.

Note them out loud or in your head, and rest your attention with each sensation for a few deep breaths.

Name three things you can hear.

Try to choose three different sounds, not the same noise three times.

Note two things you can smell.

If you cannot seem to smell two things in this moment, imagine smelling your favorite things.

Finally, find one thing you can taste.

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MINDFULNESS SCRIPT

Sit comfortably and breathe in and out slowly. This exercise aims to notice how each part of your body feels.

Start at the top of your head. Can you feel your hair? What does it feel like? Is it rubbing on your face? Have you got a hat on? Can you think of your hair tie?

Start to make your way down to your shoulders. Can you feel any tension in your shoulder area? Do you feel tight? Take a deep breath and try to loosen your shoulders and neck. Next, do a few neck stretches, turn your head to the left and slowly to the right.

Stand up straight. Place both feet shoulder-width apart.
Find your balance.
Slowly stretch your arms up high; imagine you are trying to touch the sky.

Stretch so high that you have to stand on your tippy toes.
Wriggle your fingertips and feel the stretch in your toes, calves, back, shoulders, arms, and fingers.

You can sit back down or lie down on the floor. Let go of every tension in your body.

Imagine yourself floating on a cloud.
Imagine a big white fluffy cloud floating above you.
You gently float up and land lightly on it.

I'd like you to imagine what it looks like.
What color is it?
What does it feel like?
What does it smell like? Does it smell like fresh air, marshmallows, or something entirely different?
What do you think it sounds like?
Can you hear anything in the sky, the wind, rain, or birds?
What is its shape?

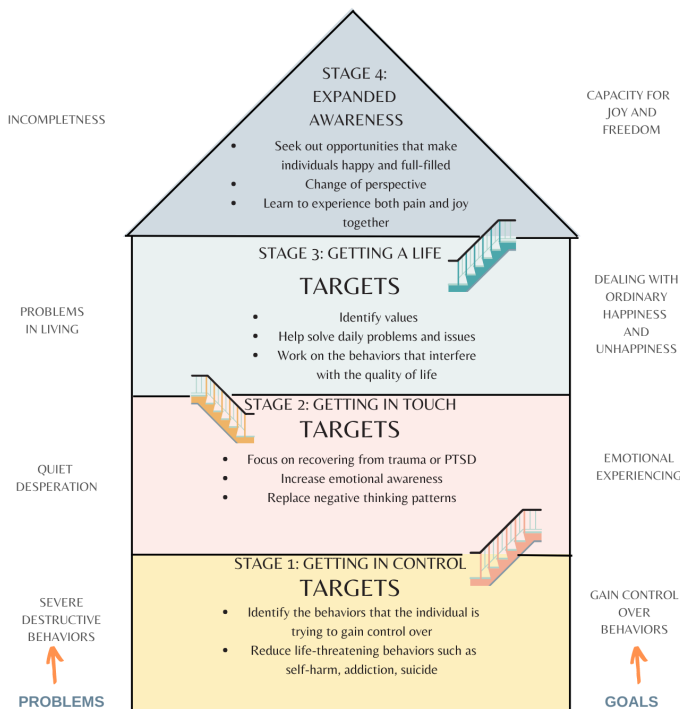
This is your special cloud, where you feel safe, accessible, and peaceful.
Your cloud can drift and take you to any place that you wish to be.
Where do you want to go?
What things do you see as you float away?
Just rest in your cloud and enjoy the quiet and relaxation.

Relax for 10 seconds, and when you are ready, slowly bring your awareness to the present moment.

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DBT HOUSE

The DBT House is an exercise developed to help you eliminate life-threatening behaviors, recognize behaviors that need to be changed and help you connect your current situation to your feelings. Throughout the exercise, you will better understand your strengths, coping skills, and values, which helps strengthen your support network and ultimately helps you achieve a life worth living.



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Things I can NOT control

- So I can let Go of these things



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EMOTIONAL SURFING

A surfer doesn't fight the waves; they move with the wave riding its natural tide. "Riding the wave" is also a psychological practice of surfing your own powerful and negative emotions.

Fighting emotions such as sadness and anger delays the acceptance of these emotions. Riding the wave is about allowing your emotions to be with you without acting ineffectively. Like a tidal wave coming and going, you will return to a place of calm rather than emotional turmoil.

NOTICE:

Notice how you feel?

ALLOW AND RELEASE:

Release judgements of struggles with thoughts. Breathe deeply.



NAME:

Name the emotion? What words describe it?

INVESTIGATE:

How intense is it? How are you breathing? How do you feel inside your body?

ACCEPT:

Accept the emotion. What prompted it? Just let the feeling be.

EMOTIONAL REMINDERS

Emotions are **like waves**, they can be strong and powerful, but they eventually pass.

Surf your emotions with mindfulness, where you watch your breath and notice your thoughts without judgment.

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OPPOSITE ACTION

“IF YOUR EMOTIONS ARE DOING MORE HARM THAN GOOD, TRY ACTING OPPOSITE”

NATURAL URGE

OPPOSITE

Anger gets us ready to attack/ It activates us to attack or defend.



Show kindness/concern or walk away.

Shame gets us ready to hide. It activates us isolate.



Raise your head up, give eye contact, shoulders back.

Fear gets us ready to run or hide. It activates us to escape danger.



Go towards it, stay involved in it, and build courage.

Depression gets us ready to be inactive. It activates us to avoid contact.



Get active

Disgust gets us ready to reject or distance ourselves.



Push through and get through situation.

Guilt gets us ready to repair violations. It activates us to forgive.



Apologize and mean what we say.

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ABC PLEASE

The ABC PLEASE skills are two separate skill sets. The first (ABC) is about making sure that we regularly spend time doing things that will improve our mood. The second (PLEASE) set involves taking care of our bodies to reduce our vulnerability to emotion mind.

ACCUMULATE POSITIVE EMOTIONS

A

This means intentionally making an effort to engage in pleasant activities. We need this feeling regularly and need to make sure we are engaging in positive experiences or events, ideally, every day, even if it is something relatively small or fast

BUILD MASTERY

B

Mastery is the feeling we get when we succeed at something. Gradually increase the difficulty of the task over time. Building mastery can help against feelings of helplessness and hopelessness. Examples could include gradually learning a new sport, musical performance or learning to cook.

COPE AHEAD

C

We all face emotionally difficult situations. If you have one on the horizon, plan how to respond when it happens. This must be a conscious and intentional process, often involving visualizing yourself in the situation.

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ABC PLEASE

PHYSICAL ILLNESS

Emotions are not only mental but physical experiences; we feel them in our bodies. If we don't take care of our bodies by treating our illnesses, we will be poorly prepared to cope with emotionally difficult situations when they arise. Also, poor health can create its own emotionally difficult situations

PL

BALANCE EATING

E

Eat balanced and nutritious foods. Eat mostly whole, unprocessed foods, with the correct servings of grains, vegetables, fruits and proteins.

AVOID MOOD-ALTERING SUBSTANCES

A

Eating too much or eating too little makes us more vulnerable to emotion mind. Be mindful of when, how, and how much you eat. Stay away from foods you know make you feel bad.

BALANCE SLEEP

S

You may be undervaluing the importance of getting enough sleep. If you are tired and irritable, and there's no underlying physical cause, you may be shorting yourself on sleep.

GET EXERCISE

E

Exercise has physical effects on the body and on the brain that help us regulate mood; take advantage of these effects by being physically active on a regular basis.

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