

June 2025 Newsletter



Mental Wellness

STAYING TRUE TO YOURSELF: THE FAST SKILL IN DBT

When having interactions with others, it is important to keep our self-respect so that we are not left feeling emotionally dysregulated because of our response. It is helpful to weave these skills in whenever we can because this does impact how we feel about and perceive ourselves.

Be **F**air to yourself and others, and remember to validate both your feelings and wishes as well as the other person's feelings and wishes.

No **A**pologies includes not over apologizing, and also we are not going to apologize for being alive or making a request, having an opinion, or for disagreeing. We should only apologize if we have hurt the other person, whether intentionally or not. The other person is responsible for what to do with the emotions they are experiencing. It is very important not to look ashamed by having your head down or your body slumped, so instead have a confident stance with your head up and good eye contact. Remember to not invalidate the valid.

Stick to your own values and do not sell out your values or integrity for reasons that are not very important if your values come into conflict with each other. Be clear about what you believe is the moral way of thinking or acting in a situation and stick to your beliefs.

Be **T**ruthful, and do not lie. Do not act helpless when you are not, and do not exaggerate or make up excuses. If you only ask for help when you need it, others may take it more seriously when you make a request.

Stefanie Montgomery, LPC



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HOW TO NURTURE CONNECTION: USING GIVE SKILL IN DBT

GIVE is another acronym in DBT that helps maintain healthy relationships and effective communication.

G—Gentle— approach others in a non-threatening manner. Be kind and respectful during the interaction. Even if you don't agree with the other person, you can still be respectful.

I—Interested— act interested in what the other person is saying and try looking at the situation from their perspective. Give eye contact, lean into the conversation, and be careful not to interrupt or talk over the other person.

V—Validate— acknowledge the other person's feelings. Try to see the situation from the other person's point of view and understand where they may be coming from.

E—Easy Going— try to be relaxed and flexible during conversations. Try to possibly use humor if appropriate.

Amy Amon, LPC



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- SEPTEMBER 13TH - HIKING AT SHENANGO RIVER TRAIL

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