

## Mental Wellness



### DBT ACCEPTS

DBT is full of Acronyms that help with daily responses to what life throws at us. Wise mind ACCEPTS is a distress tolerance skill that can help decrease the intensity of an emotion until we are in a better mindset to REVISIT the emotion. The key component of distress tolerance is not to avoid the emotion but rather decrease the intensity of the emotion until it can be addressed from a wise mind perspective.

**A - Activities.** - This is where hobbies, cleaning, sports, walking, playing music, shopping, cooking, etc (the options are endless) can come in handy. The activity distracts from the intensity of emotion until it's not so overwhelming.

**C - Contributing.** This can be anything from your time or just doing/ making something for yourself or somebody else. In other words— be a nice human to yourself and others! It activates those “feel good” receptors. Making somebody smile or helping tends to make us smile and feel more productive. It is a positive distraction from an uncomfortable emotion until you are able to address it.

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**C - Comparisons.** This is helpful in regards to putting life into perspective. Being thankful for the conveniences that you have, that others may not. Ex: You could be living in a cardboard box but instead you have a home, it may not be what you want but it serves its purpose.

**E - Opposite Emotions.** This is engaging an opposite emotion to the current one you are experiencing. For example: If you are feeling sad DO NOT listen to something that sends you down the “rabbit hole” of sadness.

**P - Pushing Away.** This is an opportunity to push away the stress to another time when you are in a wisemind headspace.

**T - Thoughts.** We are not able to think of 2 things at once --yes we may be flooded with many thoughts one after another on different topics however they are not simultaneous. Distracting thoughts help steer us away from the negative, whether it is reading a book, talking to a friend, watching a movie, or anything that focuses attention away from the distress

**S - Sensations.** This is an opportunity to put your senses to work! Splash some cold water on the face, eat a lemon, take a warm bath, eat peppermint, feel a soft blanket, drink something warm, listen to music or birds, etc. The options are endless. Bring yourself back to the current moment.....until you are in a better headspace to address the issue from a wise mind perspective.

Amy Amon, LPC

Learning to love...you!

# Yoga

## MINDFUL HOLIDAYS

The holidays are here and sometimes it feels that the time between November and January is a total whirlwind of preparing for parties, presents, and guests. With all the rushing around and social events, it's easy to push down your feelings of stress or cope with them in unhealthy ways. The healthy habits you've worked hard to develop all year can quickly be undone without a second thought. By the time January comes, you're left exhausted and overwhelmed, wishing you had taken the time to actually enjoy what was going on around you. If this sounds familiar, you might benefit from adding some mindfulness to the holidays.

Mindfulness is simply the practice of being aware of where you are in the present moment. It's noticing what's going on around you and how you're feeling mentally and physically. The act of being mindful allows you to slow down and check in with yourself, and if needed, respond to what your body is telling you. Below are some ways you might want to incorporate mindfulness into the holidays, or even in your daily life.

**Set intentions for the season:** Take some time to decide what the holidays mean to you and focus on that as they approach. Defining how you want to spend the holidays or even just a specific event, will give you something to focus on and leave you feeling fulfilled when it's over.

**Stop to breathe:** The frenzy of the holidays can make us feel frazzled and frustrated. If you notice yourself feeling aggravated, or snapping at people, you are most likely feeling overwhelmed. Taking just five minutes for yourself to stop and breathe will help refocus your energy and reset your mind.

**Listen to what your body is telling you:** During busy times of the year, our normal routines get disrupted, which can leave us feeling out of sorts it's easy to push away what we're feeling, telling ourselves that once this period is over we will get back to our regular routine. This holiday season, check in with your body and honor what it's telling you. If you're exhausted from a string of late nights, make time for a 20-minute nap. If you're missing your exercise routine, even a shortened version of what you're used to might make you feel better. Taking time for yourself will leave you better able to enjoy events and get back to your regular routine when things slow down.

**Practice self-compassion:** The holidays can be a challenging time for a lot of different reasons. Part of being mindful is noticing what's going on around you and how you're feeling about it, without attaching any judgment to what you discover. It's ok to feel irritated, stressed, or sad. All your emotions are valid. If you catch yourself thinking negatively about your feelings or actions, write down three positive things about yourself and keep them somewhere you can easily access. The next time you're caught in a cycle of negative self-talk, pull out the list and add to it.

*Joelene Edmondson, RYT*

Learning To Love...

YOU CREW!

~ WALK & COFFEE SHOP ~

**When:** Saturday, November 12th

**Time:** 9:30 - 10:30 AM

**Where:** Grove City Borough Wolf Creek trail

**Check out our Facebook page for more details!**

724.269.7222

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