

Week 2: Mindfulness in Daily Life

Objective:

This week, you'll begin learning about DBT and mindfulness. Mindfulness helps you stay present, manage emotions, and make thoughtful decisions. Your homework will help you build awareness and practice staying in the moment.

Part 1: Reflection on Wise Mind

Think of a time when you acted from Emotion Mind (when emotions took over). What happened?

How might Wise Mind have helped in that situation?

Part 2: Mindfulness Practice

Your task: Practice a 5-minute mindfulness exercise each day this week. You can:

- Focus on your breathing
- Observe your surroundings without judgment
- Use your five senses (what do you see, hear, smell, taste, and touch?)
- Try a guided meditation

Part 3: Reflection Journal

After each mindfulness practice, answer the following:

What mindfulness exercise did you try today?

How did you feel before the exercise?

How did you feel after? Did anything change?

What was the easiest part of mindfulness? What was the hardest?

 **Bring this worksheet to your next session to discuss your experience!**

**DISTRESS TOLERANCE SKILLS
HELP TO MAKE THE SITUATION EASIER TO
DEAL WITH WHEN YOU CAN'T ESCAPE**

IMPROVE

I

Imagery: Visualize a relaxing place.

M

Meaning: Make meaning from the difficult situation.

P

Prayer: Pray for something greater, and ask for strength to bear the pain.

R

Relaxation: Do a relaxing activity.

O

One thing in the moment: Focus your entire attention on just what you are doing right now.

V

Vacation: Take a brief mental vacation.

E

Encouragement: Remind yourself "I can stand it".

HOW TO PRACTICE MINDFULNESS

IMPLEMENTING A MINDFULNESS EXERCISE:

Free yourself from distraction:

Find a quiet place where you won't be disturbed. A quiet room in your house will serve nicely, as long as you are alone.

Get comfortable

Mindfulness will not be successful if you are not comfortable. You can sit on a chair or crosslegged on the floor. It is recommended to sit up so your breath will flow freely.

Focus on your breath:

Close your eyes and engage in several deep, purifying breaths. Inhale through your nose, hold briefly, and exhale through your mouth. Focus on breathing into your belly, allowing your breath to expand your abdomen like a balloon, rather than halting at your shoulders. Visualize the breath as it traverses through your body, noticing the sensations it brings. With each exhale, release the accumulated stress and tension. Envision expelling anxiety with your breath, aiding in its dispersal.

Be present:

Take account of your environment, with a focus on your senses. What do you hear? What do you smell? How does your body feel? Try not to think about your past or worry about the future; just be present in the moment.

Acknowledge the wandering mind:

Although you are trying to focus on your environment, your mind will likely wander. That is okay. It is normal. Simply acknowledge that your mind is wandering and bring your focus back to your breath and your senses. Further, it is important to note your thoughts without placing a judgment on them.

Practice:

Practice is key in meditation. Allocate a short daily session, even just 10 minutes, to start. With regular practice, mindfulness can extend to various aspects of life, like walking or eating. The aim is to cultivate mindfulness in all endeavors, beginning with consistent practice.