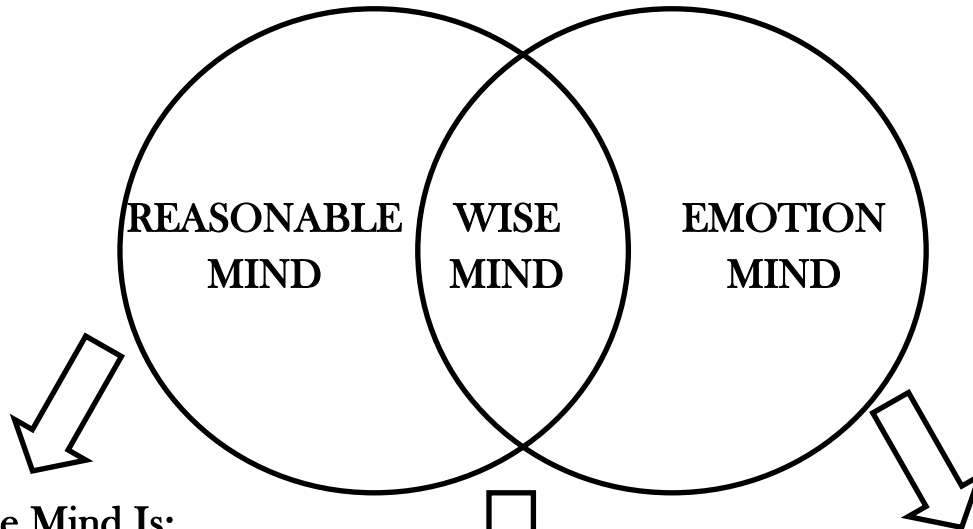


# Mindfulness - Handout 1

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## Wise Mind: States of Mind



### Reasonable Mind Is:

Cool  
Rational  
Task-Focused

When in *reasonable mind*, you are ruled by facts, reason, logic, and pragmatics. Values and feelings are not important.

### Emotion Mind Is:

Hot  
Mood Dependent  
Emotion-Focused

When in *emotion mind*, you are ruled by your moods, feelings, and urges to do or say things. Facts, reason, and logic are not important.

### Wise Mind Is:

The wisdom within each person  
Seeing the value of both reason and emotion  
Bringing the left brain and right brain together  
The middle path

# Distress Tolerance - Handout 2

## Distracting

A way to remember these skills is to remember the term “Wise Mind ACCEPTS:

### With Activities:

- ◆ Focus attention on a task you need to get done.
- ◆ Rent movies; watch TV.
- ◆ Clean a room in your house.
- ◆ Find an event to go to.
- ◆ Play computer games.
- ◆ Go walking. Exercise.
- ◆ Surf the internet. Write emails.
- ◆ Play sports.
- ◆ Go out for a meal or eat a favorite food.
- ◆ Call or go out with a friend.
- ◆ Listen to music.
- ◆ Build something.
- ◆ Play cards.
- ◆ Read magazines, books, comics.
- ◆ Do crossword puzzles or Sudoku.
- ◆ Other: \_\_\_\_\_

### With Contributing:

- ◆ Find volunteer work to do.
- ◆ Help a friend or family member.
- ◆ Surprise someone with something nice (a card, a favor, a hug).
- ◆ Give away things you don't need
- ◆ Call or send a text to someone encouraging someone or just saying hi.
- ◆ Make something nice for someone else.
- ◆ Do something thoughtful.

### With Comparisons:

- ◆ Compare how you are feeling now to a time when felt different.
- ◆ Think about people coping the same as you or less well than you.
- ◆ Compare yourself to those less fortunate.
- ◆ Watch reality shows about others' troubles; read about disasters, others' suffering.
- ◆ Other: \_\_\_\_\_

### With different Emotions:

- ◆ Read emotional books or stories, old letters.
- ◆ Watch emotional TV shows; go to emotional movies.
- ◆ Listen to emotional music.
- (Be sure the event creates different emotions.)*
- Ideas: Scary movies, joke books, comedies, funny videos, religious music, soothing music or music that fires you up, going to a store and reading funny greeting cards.*
- ◆ Other: \_\_\_\_\_

### With Pushing away:

- ◆ Push the situation away by leaving it for awhile.
- ◆ Leave the situation mentally.
- ◆ Build an imaginary wall between yourself and the situation.
- ◆ Block thoughts and images from your mind.
- ◆ Notice ruminating: Yell “No!”
- ◆ Refuse to think about the painful situations.
- ◆ Put the pain on a shelf. Box it up and put it away for awhile.
- ◆ Deny the problem for the moment.
- ◆ Other: \_\_\_\_\_

### With Thoughts:

- ◆ Count to 10; count colors in a painting or poster or out the window; count anything.
- ◆ Repeat words to a song in your mind.
- ◆ Work puzzles.
- ◆ Watch TV or read.
- ◆ Other: \_\_\_\_\_

### With other Sensations:

- ◆ Squeeze a rubber ball very hard.
- ◆ Listen to very loud music.
- ◆ Hold ice in your hand or mouth.
- ◆ Go out in the rain or snow.
- ◆ Take a hold or cold shower.
- ◆ Other: \_\_\_\_\_

# Distress Tolerance - Handout 3

## TIP Skills: Changing Your Body Chemistry

To reduce extreme emotion mind *fast*.

Remember these as **TIP** skills:

**T**

**TIP THE TEMPERATURE of your face with COLD WATER\***  
(to calm down fast)

- ◆ Holding your breath, put your face in a bowl of cold water, or hold a cold pack (or zip-lock bag of cold water) on your eyes and cheeks.
- ◆ Hold for 30 seconds. Keep water above 50°F.

**I**

**INTENSE EXERCISE\***

(to calm down your body when it is revved up by emotion)

- ◆ Engage in intense exercise, if only for a short while.
- ◆ Expend your body's stored up physical energy by running, walking fast, jumping, playing basketball, lifting weights, etc.

**P**

**PACED BREATHING**

(pace your breathing by slowing it down)

- ◆ Breathe deeply into your belly.
- ◆ Slow your pace of inhaling and exhaling way down (on average, five to six breaths per minute).
- ◆ Breathe *out* more slowly than you breathe *in* (for example, 5 seconds in and 7 seconds out).

**PAIRED MUSCLE RELAXATION**

(to calm down by pairing muscle relaxation with breathing out)

- ◆ While breathing into your belly deeply tense your body muscles (*not* so much as to cause a cramp).
- ◆ Notice the tension in your body.
- ◆ While breathing out, say the word "Relax" in your mind.
- ◆ Let go of the tension.
- ◆ Notice the difference in your body.

\***CAUTION:** very cold water decreases your heart rate rapidly. Intense exercise will increase heart rate. Consult your health care provider before using these skills if you have a heart or medical condition, a lowered base heart rate due to medications, take a beta-blocker, are allergic to cold, or have an eating disorder.

Adapted from *DBT Skills Training Handouts and Worksheets, Second Edition*, by Marsha M. Linehan (2015)

# Distress Tolerance - Handout 4

## Improving the Moment

A way to remember these skills is the word **IMPROVE**.

### With Imagery:

- ◆ Imagine very relaxing scenes.
- ◆ Imagine a secret room within yourself. Furnish it the way you like. Close and lock the door on anything that can hurt you.
- ◆ Imagine everything going well.
- ◆ Make up a calming fantasy world.
- ◆ Imagine hurtful emotions draining out of you like water out of a pipe.
- ◆ Remember a happy time and imagine yourself in it again; play out the time in your mind again.
- ◆ Other: \_\_\_\_\_

### With Meaning:

- ◆ Find purpose or meaning in a painful situation.
- ◆ Focus on whatever positive aspects of a painful situation you can find.
- ◆ Repeat these positive aspects in your mind.
- ◆ Remember, listen to, and read about spiritual values.
- ◆ Other: \_\_\_\_\_

### With Prayer:

- ◆ Open your heart to a supreme being, God, or your own **Wise Mind**.
- ◆ Ask for strength to bear the pain.
- ◆ Turn things over to God or a higher being.
- ◆ Other: \_\_\_\_\_

### With Relaxing actions:

- ◆ Take a hot bath or sit in a hot tub.
- ◆ Drink hot milk.
- ◆ Massage your neck and scalp.
- ◆ Practice yoga or other stretching.
- ◆ Breathe deeply.
- ◆ Change your facial expression.
- ◆ Other: \_\_\_\_\_

### With One thing in the moment:

- ◆ Focus your entire attention on just what you are doing.
- ◆ Keep yourself in the moment.
- ◆ Put your mind in the present.
- ◆ Focus your entire attention on the physical.
- ◆ Listen to a sensory awareness recording.
- ◆ Other: \_\_\_\_\_

### With a brief Vacation:

- ◆ Give yourself a brief vacation.
- ◆ Get in bed; pull the covers up over your head.
- ◆ Go to the beach or the woods for the day.
- ◆ Get a magazine and read it with chocolates.
- ◆ Turn off your phone for a day.
- ◆ Take a blanket to the park and sit on it for a whole afternoon.
- ◆ Take a 1-hour breather from hard work.
- ◆ Take a brief vacation from responsibility.
- ◆ Other: \_\_\_\_\_

### With self-Encouragement and rethinking the situation:

- ◆ Cheerlead yourself: "You got this!"
- ◆ "I will make it out of this."
- ◆ "I'm doing the best I can."
- ◆ Repeat over and over: "I can stand it."
- ◆ "This too shall pass."
- ◆ "I will be okay."
- ◆ "It won't last forever."
- ◆ Other: \_\_\_\_\_

List (and then practice) rethought that are particularly important in your crisis situations (e.g., "The fact that he did not pick me up doesn't mean he doesn't love me"):

◆ \_\_\_\_\_