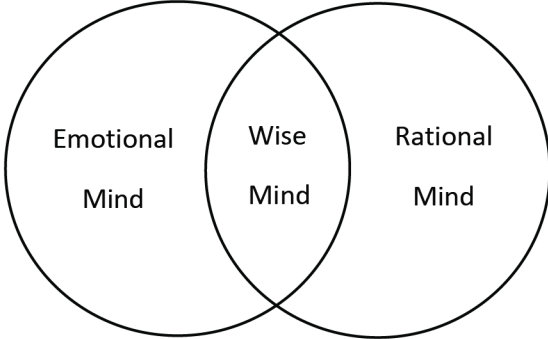



Mindfulness

 <p>Emotional Mind: Ruled by emotions does not consider facts Rational Mind: Ruled by facts does not consider emotions Wise Mind: Considers emotions and facts when making decisions</p>	<p>What Skills:</p> <ul style="list-style-type: none"> • Observe- Pay attention to the present moment • Describe- Put words on the experience • Participate -Throw yourself completely into the activities of the current moment • <p>How Skills:</p> <ul style="list-style-type: none"> • Nonjudgmentally-Do not judge as good or bad; just pay attention to the facts. Acknowledge your own thoughts and feelings, but do not judge them • One-Mindfully- Be completely present in the current moment. Do one thing at a time, no multitasking • Effectively - Be aware of your goals in the situation. Don't let your emotions control your behaviors
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Emotion Regulation

<p>ABC PLEASE</p> <p>Accumulating positive experiences. B- Building Mastery – doing things that make you feel competent and effective. C- Coping Ahead</p> <ul style="list-style-type: none"> • Describe: What's the situation? • Decide: What coping or problem-solving skills can you use? • Imagine the Situation: How will you feel in that situation? • Rehearse: What can you do or say to cope in this situation? What problems could arise? <p>PL-treat Physical Illness E -balance eating- A-avoid harmful activities or behaviors S- balance sleep E- Exercise</p>	<p>STOP</p>  <p>S-Stop- After an emotion is triggered. Stop before you do or say anything! T-Take a big step back- try not to get carried away by your emotion urge O- Observe- Look at the bigger picture P- Proceed in Wise Mind</p>
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Opposite action: identify the urge of your emotion and do an opposite action to change your emotion.

Emotion	Urge	Opposite Action
Anger	Attack	Gently Avoid or Be Kind
Sadness	Be Alone	Be around others