



# Mindfulness: The What, How, and Why

## What Skills

### Observe: “Wordless watching”

Cloud watching without describing their shapes. Simply Watch.

Go on nature walks and observe the surroundings.

Listen to silence and subtle background noises.

Focus on the taste of a meal

### Describe: Giving words to the Experience

Describe the Clouds

Identify a sensation for each sense (taste, touch, smell, hearing, sights)

Identify an emotion (ex: I feel happy, sad, angry, etc.)

Identify a thought

### Participate

Exercise

Mindful driving

Dance and Sing

## How Skills

### Nonjudgmentally

Refrain from judgment

Practicing acceptance

“I accept that I am sad”

### One-Mindfully

Focus on one task at a time

Limit distractions

### Effectively

Identify a “what” skill to practice

Is focusing on this thought or feeling helping me? If not than practice letting it go by imaging it floating down a stream.

What Mindful activities do you find helpful?



### Why Bother?

Increase positive emotions	Enhanced immune system	Decreased Anxiety
Decreased depression	Relieves Physical Pain	Improve attention/concentration
Improve self-awareness	Stress reduction	Release body tension
Decreased risk of depression relapse	Increased sense of well-being	Improve pain tolerance for chronic pain
Decrease anger and irritability	Increase control over mind	Improve Engagement with others

\*Taken and modified from Marsha M. Linehan's DBT Skills Training Manual