







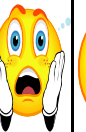

































Name: _____

Week: _____

MINDFULNESS: WHAT TO DO

Yes or No	Notes	MINDFULNESS: WHAT TO DO																				
		OBSERVE					DESCRIBE										PARTICIPATE					
																						
		Suicidal	Harm to Myself or Others	Pay Attention	Describe What You Are Feeling	Pick One From Chart	Mad	Sad	Embarrassed	Scared	Happy	Headache	Stiff Neck	Stomach Ache	Aching Joints	Stomach Tied in Knots	Effectively	Non Judgementally	One Thing at a Time	Wisemind		
TUES																						
WEDS																						
THUR																						
FRI																						
SAT																						
SUN																						
MON																						
TUES																						

0 to 5 or Yes/No	EMOTION REGULATION										INTERPERSONAL EFFECTIVENESS			DISTRESS TOLERANCE								
	B E S T D E A L																					
																						
	Experience Emotion as a Wave	Opposite Action	Balanced Diet	Enough Sleep & Rest	See Doctor When Needed	Time for Self Soothing Activity	Daily Meds	Exercise	Avoid Mind Altering Drugs & Substances	Learn Deep Breathing	"DREAM UP" Skills Get You What You Want	"FAST" Skills Self-Respect	"GIFT" Skills Keep Healthy Relationships	Wise Mind ACCEPT	5 Senses	Improve the Moment	Actions and Consequences	Observe Your Breath	Half Smile	Awareness	Radical Acceptance	
TUES																						
WEDS																						
THUR																						
FRI																						
SAT																						
SUN																						
MON																						
TUES																						

