



Spring breathes new life into the world around us.

12th Annual Walk With Hope



The DBTOC Team felt very lucky to be a part of the 12th Annual Walk With Hope: A Step for Suicide Prevention. Thank you to all who helped donate to the cause!

The Amber Craig Foundation is dedicated to suicide prevention through improving mental health awareness and education within schools and the community.

Please visit withhopefoundation.org to learn how you can be a part of that mission!

Apps We Love!



10% Happier: We love this meditation app! Meditation is one of many tools that help you de-stress, focus, increase happiness, and live in the present!



DBT Trivia & Quiz: A Simple Quiz that anyone interested in DBT can do and learn from. From beginners to experienced DBT users, this app is sure to offer you new knowledge in a fun, interactive way.



Headspace is a startup with one simple goal: Make meditation accessible to everyone. Headspace uses a series of cartoons to illustrate meditation principles. These cartoons are adorable and make meditation fun!



Calm is a guided meditation app to help reduce stress and enhance wellbeing. The 7-step program teaches you how to meditate, with adjustable nature scenes and relaxing music tracks. Sessions range from 2 to 30 minutes on the topics of focus, creativity, energy, confidence, sleep and more.

Skill of the Month: Observe Skill



Observe is one of the "**What**" **Skills** of **Mindfulness** in DBT. "What" Skills are what we do when we are practicing mindfulness. We observe our internal and external experience nonjudgmentally.

You can practice the **Observe Skill** by:

- **Notice your body sensations.** What are you observing through your senses?
- **Pay attention** on purpose, to the present moment.
- **Control your attention** but not what you see.
- **Practice wordless watching.**
- **Observe both your inside and outside of yourself.**

This skill can be practiced at any time in many, many ways. **Here are some ideas:**

- Watch the clouds in the sky.
- Breathe in and notice the smells around you.
- Observe your breathe. Notice the pauses in your breathing, the sensations in your nose, the rise and fall of your chest and stomach.
- Observe thoughts as they come and go, without clinging onto them or pushing them away.

Get creative and find other ways to practice the Observe skill today!

Linehan, M. M. (2015). *DBT Skills Training Handouts and Worksheets, Second Edition*. New York, NY: The Guilford Press.

Our Blog

Mindful Habits to Notice Your Needs

Mindful eating can help reduce disordered eating and increase balanced, healthy practices.

However, reducing disordered eating does not stop here. We must develop mindful habits around our eating behaviors as well. It is important to pay attention to our habits and our automatic response to internal cues and our environment.



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"Gratitude, when mixed with
mindfulness and a healthy
intention, creates inner peace. As
we think of others and their needs,
our gratitude shifts from what we
have to what we can give."

- Chris Shea
DBT Center of Orange County
#MindfulMonday

Slow Breath In...
Long Breath Out...
#MindfulMonday
DBT Center of Orange County



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