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Welcome to the beginning of March  
and the end of Eating Disorders Awareness Week!

The National Eating Disorders Association (NEDA)'s 2019 theme, *Come as You Are*, sends a message to individuals at all stages of body acceptance and eating disorders recovery that their stories are valid.

We at DBTOC want to join NEDA and all those supporting mindful awareness of those who struggle with disordered eating and body acceptance. Check out our [Instagram Stories](#) this week for [#NEDAwareness](#) Information and Support!

Spring begins on March 20th. Spring is a time of new beginnings and fresh opportunities. We can bring in the dialectic of inviting the new and letting go of the old. Think about what you would like to grow this Spring!

# Mindful Habits to Notice Your Needs



Mindfulness is the foundation of all of the DBT skills. As we practice mindfulness, we intentionally bring ourselves into the present moment and notice what is in the here-and-now. These skills are especially helpful to notice our emotions, sensations, thoughts and 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.

**We can be mindful around our habits in multiple ways:**

**Be Mindful** when a food craving arises and ask yourself...

- What am I doing right now? What is going on in my environment?
- What is going on internally? What am I feeling emotionally? Physically? Am I tired? Do I need to sleep instead?
- Am I truly hungry right now? Do I need to eat to give me energy?
- Use the **STOP Skill** (Stop, Take a Step Back, Observe & Proceed Mindfully) and pause between craving and action.

Physical activity has also been shown to increase one's ability to actively control eating behavior. Have you been practicing your **PLEASE Skills**? How can you reduce your emotional vulnerability?

Connect with **Wise Mind** to be mindful and make an informed decision that balances your immediate urges with your Life Worth Living goals.

- Do you want the pleasure of eating this particular food? Eating yummy food can be enjoyable! Be mindful of this experience, know that it is okay as long as it is done in a balanced way (not too much or too little). Balance can be found over time through a mindfulness practice and connection to Wise Mind.
- Does your body need a break from exercise today? Does it need rest?
- Does your body feel the need to move? How can you move in an intentional way that feels good to you?

Get curious and notice when you launch into autopilot mode and go through behaviors and emotions mindlessly. Do your best to slow down, practice mindfulness, and choose an effective response. Remember it's a practice and not perfection.

For more information about National Eating Disorder Awareness Week and resources for those experiencing disordered eating and exercise habits please visit: <https://www.nationaleatingdisorders.org/get-involved/nedawareness>

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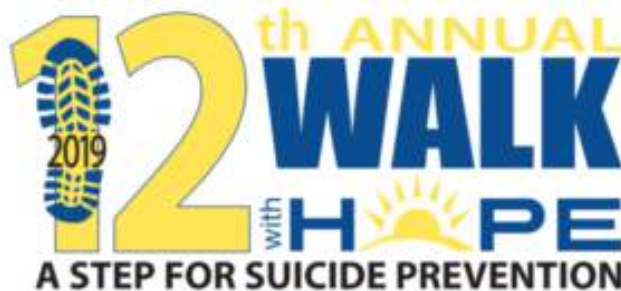
# Spring Forward



Daylight saving time 2019 in California will begin at 2:00 AM on Sunday, March 10th. This is a friendly reminder to set your clocks one hour forward!

Tip: Change your bed and wake up time 10-15 minutes at a time in the week prior to help set you up for success for work on Monday!

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DBT Center of Orange County Team is excited to join the Amber Craig Memorial Foundation Incorporation again this year for their 12th Annual Walk with Hope: A Step For Suicide Prevention!

[With Hope, the Amber Craig Memorial Foundation](#) is a non-profit organization dedicated to suicide prevention through improving mental health awareness and education in our schools and throughout our community.

Learn more about about the walk and ways that you can support by visiting their [website](#) and [our fundraising page!](#)

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## Skill of the Month: Mindfulness of Current Emotions



Our emotions motivate us for action and communicate to ourselves and others. Even though emotions can be uncomfortable at times, they are very important! By being mindful of our emotions we can better tune in to what we are feeling, choose how to respond rather than react, and more effectively meet our needs.

### **Practice mindfulness of emotion by:**

- Observe your emotion.
- Ride the wave of your emotion, knowing it will not last forever. Experience it coming and going.
- Avoid clinging onto your emotion or pushing it away, allow it to be.
- Notice where you feel the emotion in your body. What sensations are you aware of?
- Remember that you are not your emotion.
- Avoid judging your emotion.
- Respect and be with your emotional experience.

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

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## Our Blog

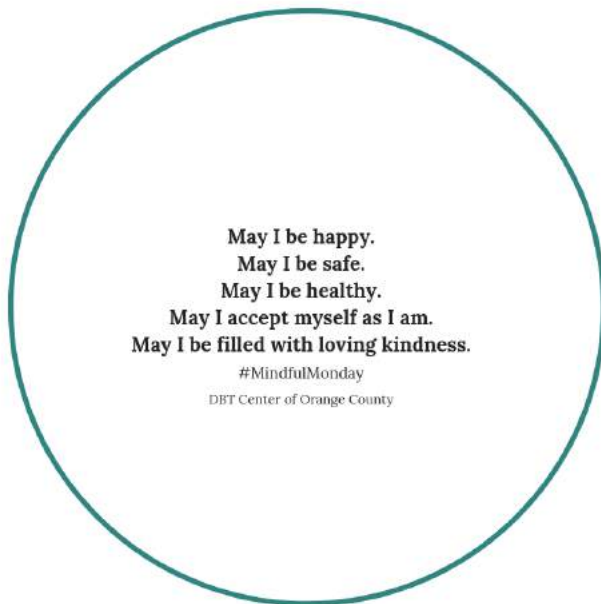
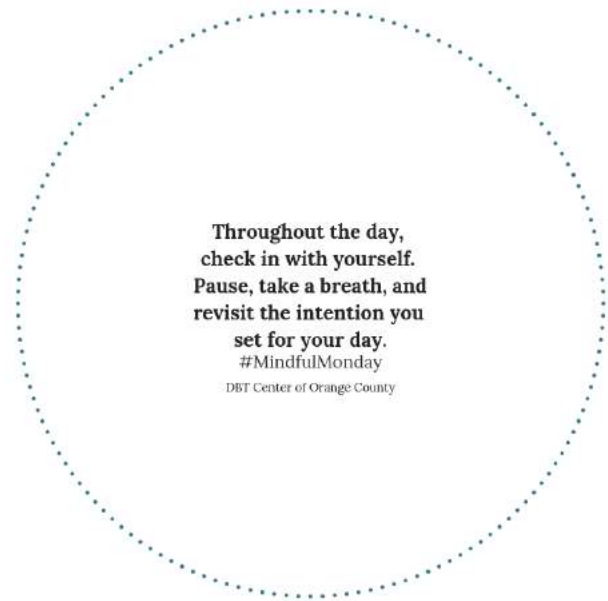
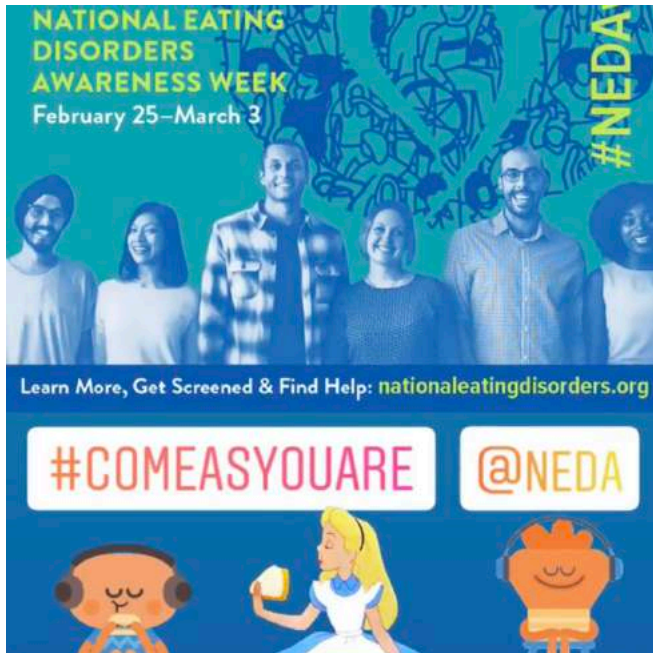
### Stop Should-ing On Yourself: A Call To Eradicate The Word “Should”

“Should” is a shame-based statement, here’s how to move towards non-judgement and still knock out your to-do list in 2019.



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## Follow Us On Instagram!



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