



DBT

center of orange county

November Newsletter



As we move into November, we cannot help but be reminded of the importance of our gratitude practice. [Research](#) has found that a [regular gratitude practice](#) has numerous benefits including improved mood, increased energy, stronger immune system, lower blood pressure, improved sleep and helps people be more forgiving and compassionate.

Wonderful ways to cultivate gratitude are by writing down things that you are grateful for, recalling things that you are enjoying, letting others know how you appreciate them and what you appreciate about them and through gratitude meditations.

“Gratitude is a powerful catalyst for happiness. It’s the spark that lights a fire of joy in your soul.” – Amy Collette

We appreciate all of you who support DBT Center of Orange County!

Friendly Reminder to Turn Back Your Clocks!



Daylight saving time ends on Sunday, November 4th. Clocks "fall back" one hour at 2:00am (so they will read 1:00am local standard time).

Self Compassion Workshop



We are co-hosting a Self-Compassion Workshop at our center on [Saturday, November 10th from 9am-2pm!](#)

Amy Noelle will be leading this workshop. Attendees will learn:

- How to stop being so hard on yourself
- Ways to practice mindfulness and self-compassion in daily life
 - How to handle difficult emotions with greater ease
- How to motivate yourself with kindness rather than criticism
- Ways to practice the art of savoring and self-appreciation

This workshop is open to clients and community members! Lunch and coffee will be provided. Please click on the button below to buy a ticket and learn more!

<https://www.eventbrite.com/e/self-compassion-workshop-tickets-50374782330>

[Learn More](#)

DBT Skill of the Month: [Loving Kindness](#)



Anger, hate, hostility, and ill will toward ourselves and others can be very painful. The practice of loving kindness is a form of meditation that involves reciting specific positive words and phrases repeatedly, to cultivate compassion and loving feelings as an antidote to negativity.

Loving kindness is very similar to praying for people, except that rather than praying for their welfare, you are wishing for their welfare. Warm wishes can be sent to yourself, to others you know, to people you don't know, and to all beings everywhere. The wishes can be for any positive outcome, such as for happiness, safety, health, contentment, love, and so on.

Please click on [this link](#) to check out our [Loving Kindness Video](#) on [YouTube!](#)

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

Our Blog



How do DBTOC Staff Self-Care?

We at DBTOC believe self-care is vital to our well-being. When we don't take care of ourselves we can feel exhausted, depleted and resentful. On the other hand, when we are practicing self-care, we tend to have more energy, feel better, think more clearly and make steps to accomplish our goals and live a life aligned with our values. Click on the title or picture to learn various ways we practice self-care!

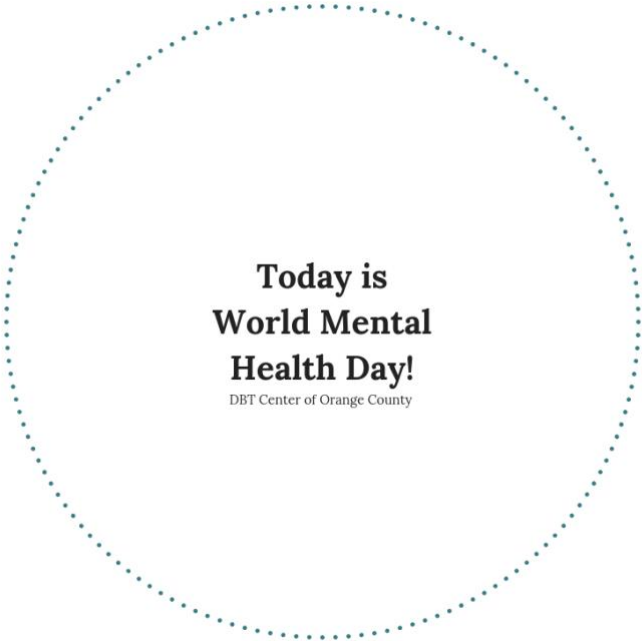
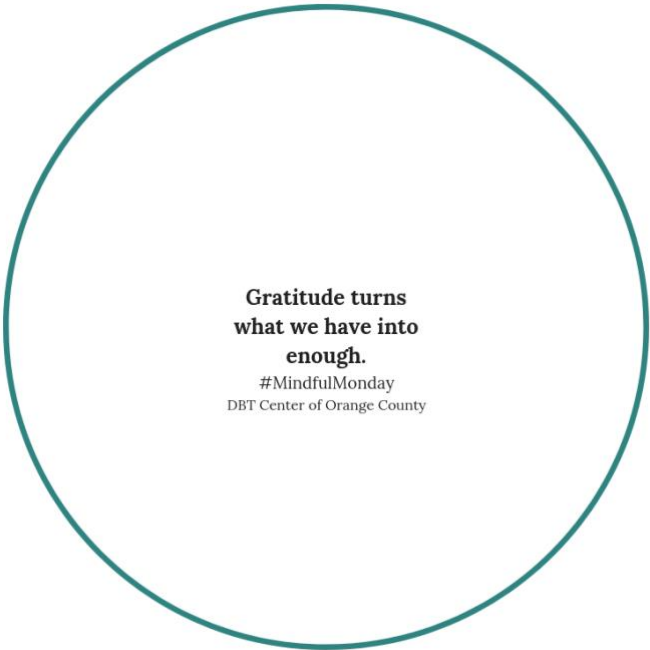


Ten Signs Your Teen is Depressed

With it being Suicide Prevention Month, we believe depression is an important topic to discuss. The CDC states suicide is a leading cause of death in the U.S. Adolescence is a time when changing hormones can cause mood swings and it is often difficult to tell what is normal adolescent behavior and when a teen is clinically depressed. Read this blog to learn the signs to look out for!



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