

DBT PLEASE Skills List

Taking care of your body to take care of your mind.

When you take care of your physical health, you're better equipped to handle emotions and stress. The PLEASE skills help you build a strong foundation for emotional well-being.

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| PL | <p>Treat physical illness. Don't ignore physical symptoms or put off medical care. When your body feels better, your emotions are more manageable.</p> <ul style="list-style-type: none">• Take prescribed medications as directed.• See your doctor when you're feeling unwell.• Follow treatment plans for chronic conditions.• Don't "push through" illness without proper care. |
| E | <p>Balance eating. Eat regularly and mindfully. Avoid extreme hunger or overeating, as both can trigger intense emotions.</p> <ul style="list-style-type: none">• Eat three balanced meals and healthy snacks.• Don't skip meals, especially when stressed.• Notice how different foods affect your mood.• Avoid restrictive dieting or emotional eating. |
| A | <p>Avoid mood-altering substances. Stay away from alcohol, drugs, or excessive caffeine that can disrupt your emotional balance.</p> <ul style="list-style-type: none">• Limit alcohol consumption or avoid it entirely.• Don't use substances to cope with difficult emotions.• Monitor caffeine intake, especially when anxious.• Avoid recreational drugs that affect mood. |
| S | <p>Balance sleep. Aim for 7-9 hours of quality sleep. Both too little and too much sleep can affect your emotional stability.</p> <ul style="list-style-type: none">• Keep a consistent sleep schedule.• Create a relaxing bedtime routine.• Limit screen time before bed.• Address sleep disorders with professional help. |
| E | <p>Get exercise. Regular physical activity boosts mood, reduces stress, and improves overall mental health.</p> <ul style="list-style-type: none">• Take daily walks or bike rides.• Try yoga, swimming, or dancing.• Use stairs instead of elevators when possible.• Find activities you enjoy to stay consistent. |