

PLEASE Skills

DBT EMOTION REGULATION · REDUCING EMOTIONAL VULNERABILITY

Caring for your body to support your emotions

When we're unwell, hungry, tired or run down, emotions can feel stronger and harder to manage. The PLEASE skills, from Dialectical Behaviour Therapy, focus on everyday physical care that may make you less vulnerable to emotional overwhelm.

P	L	E	A	S	E
P · L Treat physical illness Look after your health: see a GP when unwell, and take prescribed medication as advised. My plan _____ _____ _____	E Balanced eating Eat regularly, enough, and in ways that suit your body. My plan _____ _____ _____	A Avoid mood-altering substances Alcohol and drugs can make emotions harder to manage. My plan _____ _____ _____	S Balanced sleep Aim for regular, sufficient sleep and wake times. My plan _____ _____ _____	E Exercise Some movement most days, in a form you can sustain. My plan _____ _____ _____	

Why it matters

Physical and emotional wellbeing are closely linked. Small, steady steps in these areas can build a steadier base, so difficult emotions have less to feed on.

01 My week

tick the days you looked after each area, even partly

This week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
PL Physical health	☐	☐	☐	☐	☐	☐	☐	
E Eating	☐	☐	☐	☐	☐	☐	☐	
A Avoiding substances	☐	☐	☐	☐	☐	☐	☐	
S Sleep	☐	☐	☐	☐	☐	☐	☐	
E Exercise	☐	☐	☐	☐	☐	☐	☐	

02 Signs I'm running low

tick any you notice

- ☐ Skipping meals
 ☐ Poor or broken sleep
 ☐ More alcohol or substances
 ☐ Feeling unwell
 ☐ Barely moving
 ☐ Shorter fuse
 ☐ Everything feels bigger

03 Reflecting

at the end of the week

When I looked after these areas, I noticed...

The area that's hardest for me right now

One small step to focus on next week

Go at your own pace

This isn't about getting everything right. Start with one area. If eating, alcohol or other substances, sleep or physical health feel difficult to manage, it can help to talk it through with your GP or psychologist.

SOURCE

Linehan, M. M. (2015). *DBT skills training handouts and worksheets* (2nd ed.). Guilford Press. PLEASE is a DBT emotion regulation skill; this page is an original B&F resource informed by it.