

Mindfulness Skills Module

Based on the **Dialectical Behaviour Therapy (DBT)** modality



Extended Health Team

Agenda

Housekeeping & Introductions
Overview of Skills Group
Overview of (DBT) Mindfulness
Wise Mind: States of Mind
“What” & “How” Skills



Housekeeping

Virtual Groups

- Microsoft Teams features
- IT support: 587-774-9736

In-Person Groups

- Location of bathrooms
- Thumbs up

Group Norms

- Respect
- Confidentiality
- Participation



Housekeeping

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Your Health Team

- Health Management Nurse >
- Clinical Pharmacist >
- Registered Dietitian >



Programs by Referral

- Extended Health Team >
- Coordinated Attachment >
- Prescription to Get Active >



Other Services

- After-hours Care >
- Case Collaboratives >
- Riley Park Maternity Clinic >

Primary Care Network
CALGARY FOOTHILLS

Self-Management Plan
understanding my pain

Name sticker

NOTICE
Physical

NOTICE
Thoughts
Feelings

NOTICE
Behaviours
Relationships

Helpful and unhelpful impacts on pain

	Sleep	worries	work	Exercise
Helpful				
Not helpful				
	weather	Food	Relationship	Other
Helpful				
Not helpful				

Extended Health Team is a self-management program.

Add relevant skills/ strategies as you learn them to your toolbox or green folder.



Introductions



Overview of Skills Group



Goals of Mindfulness

Reduce suffering and increase happiness

Increase control of your mind

Experience reality as it is

Mindfulness Handout 1





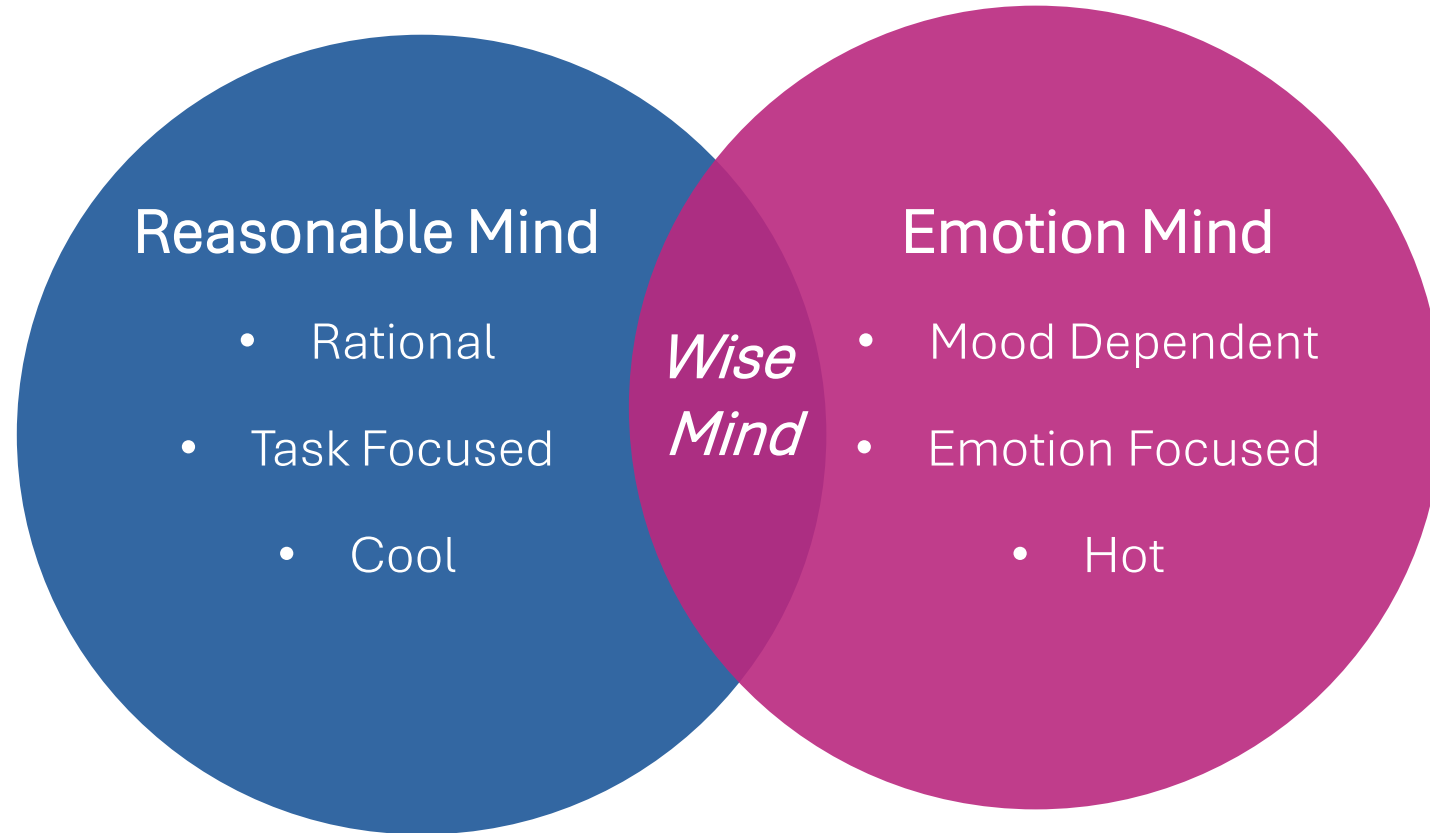
MINDFULNESS

Image: <https://theimprovementgroup.com/sites/default/files/Mindfulness.png>

Mindfulness Handout 1A



Wise Mind: States of Mind



Mindfulness Handout 3 & 3A

Mindfulness: “What” Skills

Observe

Pay attention to
internal and
external
sensations

Describe

Label without
interpretations

Participate

Immerse yourself
completely

Mindfulness Handout 4, 4A, 4B, 4C

Mindfulness: “How” Skills

Nonjudgmentally

Acknowledge
without judging

One Mindfully

Be present and
focus on one thing

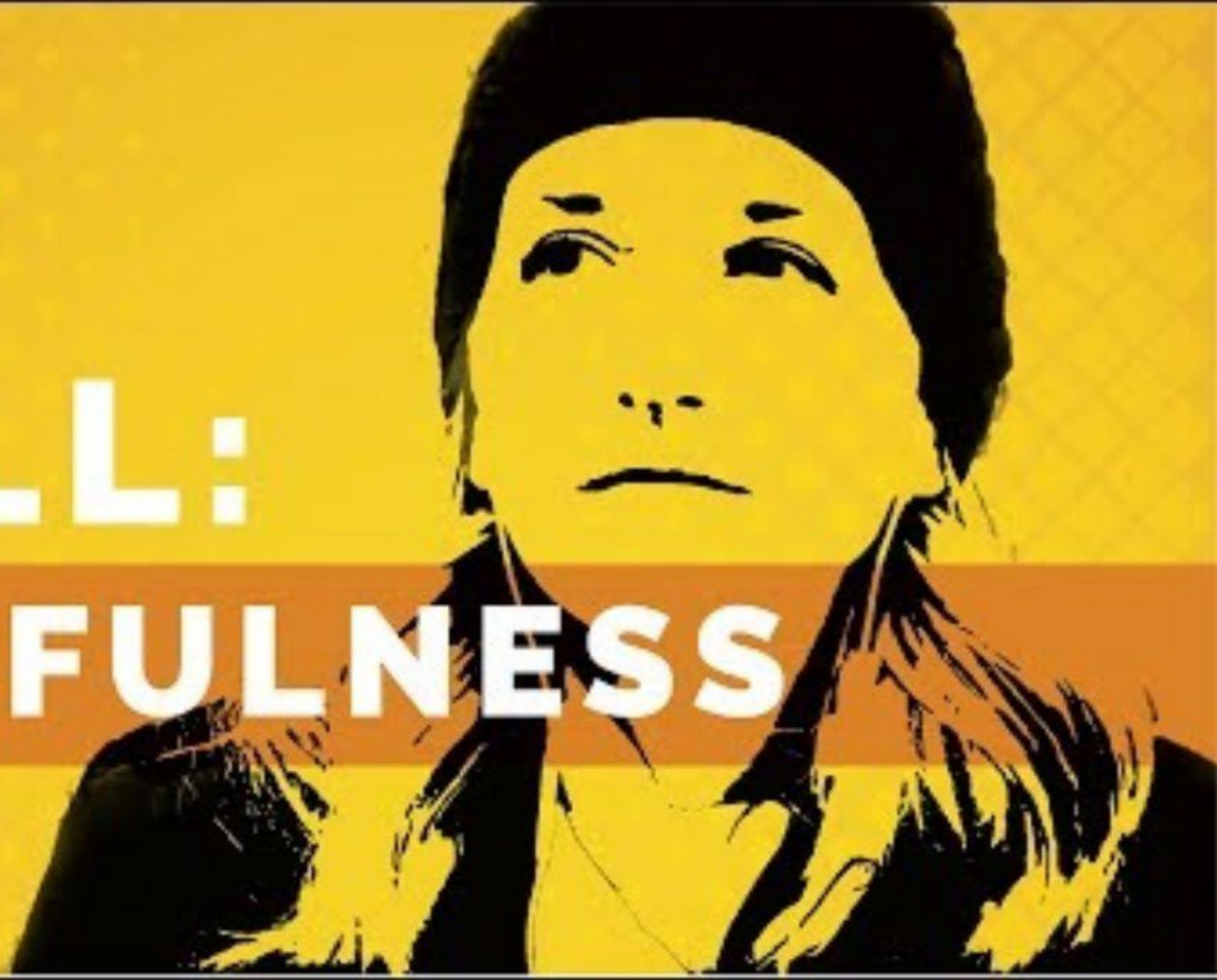
Effectively

Do what works
skillfully

Mindfulness Handout 5, 5A, 5B, 5C

**DBT
SKILL:**

MINDFULNESS



Home Practice

Mindfulness Core Skills

- Describe 2 situations (who, what, when, where)
- Practice using one or more of the skills (wise mind, “what” skills, “how” skills) and reflect on how you used them as well as your experience

Mindfulness Worksheets 2, 2A, 2B,
2C



Mindfulness Practice



Thank you
for joining us



Your Health,
Your Team,
Your Community

