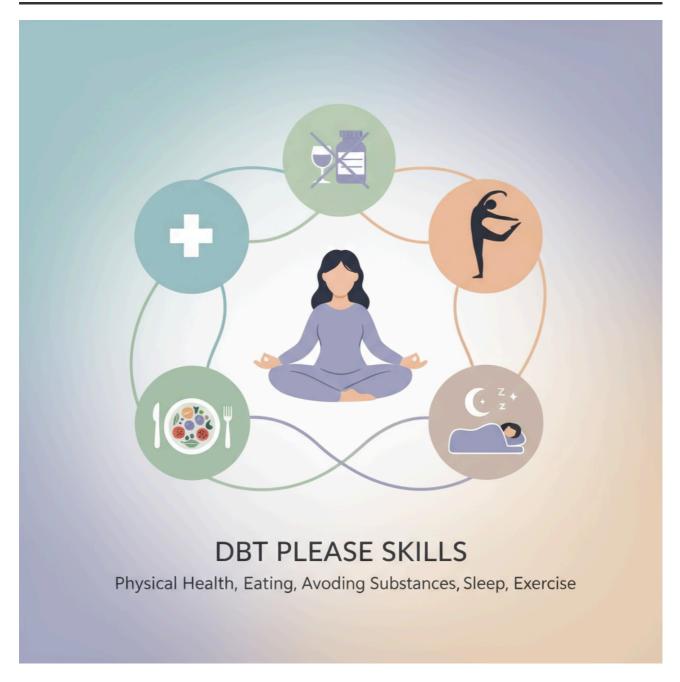
# **DBT Skill: PLEASE (Reduce Vulnerability)**



Take care of your physical body to build a stronger base for emotional stability. Reduces vulnerability to intense negative emotions.

## • PL - Treat PhysicaL Illness:

- Pay attention to your body; seek medical/dental care when needed.
- Take prescribed medications; follow treatment plans.
- o Rest when sick.

• Why: Reduces physical discomfort, conserves energy.

#### • E - Balanced Eating:

- Eat regularly; aim for balanced meals.
- Avoid excessive sugar, caffeine, processed foods if they affect mood.
- Pay attention to how foods make you feel.
- Avoid emotional eating.
- Why: Stabilizes blood sugar/mood, provides nutrients/energy.

### • A - Avoid Mood-Altering Substances:

- Abstain from non-prescribed drugs and alcohol.
- Use caffeine/nicotine in moderation, aware of effects.
- Why: Allows brain's regulation systems to work, avoids crashes/instability.

#### • S - Balanced Sleep:

- Aim for consistent sleep schedule and adequate amount (7-9 hours for adults, more for teens).
- Practice good sleep hygiene (dark room, cool temp, avoid screens before bed).
- **Why:** Improves mood, concentration, coping ability.

#### • E - Exercise:

- Engage in regular physical activity.
- Aim for moderate exercise most days.
- Find activities you enjoy.
- Why: Reduces stress, improves mood (endorphins), increases energy.