

# DBT Skill: PLEASE (Reduce Vulnerability)

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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.
- 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.