

DBT PLEASE Skills

Take care of your body so your emotions don't get the best of you.

PLEASE

P – Physical Illness/Pain

- ✓ Take meds as prescribed
- ✓ Get regular check-ups
- ✓ Rest and care for your body
- ✓ Address pain instead of ignoring it

L – Lather, Rinse, Repeat (Hygiene)

- 🚿 Shower, wash your face, brush your teeth
- # Feeling fresh helps you feel better inside too

E – Eating

- 🚫 Eat balanced meals
- 🚫 Don't skip food when stressed
- ↔ Notice if overeating or undereating is affecting your mood

A – Avoid Mood-Altering Substances

- 🚫 Limit alcohol, caffeine, nicotine, and drugs
- 🍵 Choose water or calming teas

S – Sleep

- 🚫 Keep a regular sleep schedule
- 3 Practice a calming bedtime routine
- 💠 Try to wake up around the same time each day

E – Exercise

- 🧊 Move your body in ways you enjoy
- 🎵 Dance, stretch, walk, or play a sport
- ☀️ Even a few minutes counts

Tip: Think of PLEASE skills as little daily habits that protect your mood. Add stickers, doodles, or reminders where you'll see them often.