**Pause and Go back**

Go back and think about problem

Slowing down

Coming back to things

Going back after a pause

Taking stock – pausing

Pause button

A break from real life

OK….taking a pause

**Language**

DBT language helps to remember in a crisis

Use of mindfulness language with others

Use of mindfulness language

**Journey from non believer to believer**

Surprise when realise

First impression that it wont help

Mindfulness is a journey

Common reaction it’s a load of crap

Reaction of this is rubbish (bull)

Negative first impression

Unexpected benefits

Unclear purpose at first

Unsure of purpose to begin with

Mindfulness easier for some people than others

**Mindfulness in action**

Considered speech

Integrating into every day life

Take a step back to consider speech/action

Think before you speak

Practical application of mindfulness

Mindfulness in action

Mindfulness is a tool

Using mindful paradigm for action/speech

**Shifting internal landscape**

Mind and body shifts

Changes in the body

Changes in body state

Changing mind states

Changing the nature of the mind

Changes in coping style

Mindfulness changing moods

Changes in mind state

Mind influencing the body

Changing mood

**Approaching mindfulness**

Mood effects openness to mindfulness

Mood dependent mindfulness

Need the right mindset

Giving it a chance

Approaching with an open mind

Give it a go

Need openness

Letting go – openness

Stubbornness doesn’t allow mindfulness

Wilfulness a block to mindfulness

Willfulness/stubbornness get in the way

Mindfulness needs an open mind

Needs willingness

Need openness to start

Making a decision to do mindfulness

Not black and white thinking

New age thinking

**A starting point**

Allowing decisions

Mindfulness leads to decision making

Using mindfulness to access other skills

Using another skill after mindfulness

**Escape**

Numbing pain

Quietens voices

Escaping from stress

Not allow stress to bother you

Not thinking of the hard stuff

Forgetting physical and emotional pain

Releif of physical pressure

**Calming**

Calming down

Just breathing – no stress

Simmer down

Calming the chaos

Chilling

Relaxation

Calming the brain

Calming x7

**Emotion**

Taking control of emotions

Counteracts effects of emotional mind

Moving away from negative emotion

Insight into emotions

Mindfulness regulates emotion

Regulating emotions

Validate emotion/self kindness

**Not plane sailing**

Takes effort

Needs persistence

Being unsure of doing it right

Sometimes doesn’t work

Need persistence

Doesn’t always work

**Middle path**

**Brings you back to you**

Grounding

Brings you back to you

Getting back to me

Coming back to yourself

Let you be you

**Focus**

Focus is important

Focus on one thing

Focussing on one thing

Focus – pulling thoughts back

Focussing the mind on a task

Thoughts drift

**Emergency mindfulness**

Use in a crisis

Using mindfulness in response to difficult situation

Making crisis into a positive

Mindfulness as a solution to problems

Being able to turn to mindfulness in difficulties

Mindfulness first aid

**Self Control**

Gaining control

Stopping unhelpful behaviour

Tolerating urges

**Therapist position**

Therapists didn’t talk about the bad side of mindfulness

Therapist biased opinion

**The experience of just**

Simplification

Just breathing

**senses**

Using senses to be mindful

Noticing sensations

**Influence of others**

Connection to others

Influence of the group

Using to help another person

**New perspective**

Clearer thinking

Mindfulness slows down chaotic thinking

Mindfulness as metacognition

Able to access truth

Different perspective

Allowing thinking

Process of getting to understand

New perspective

Different perspective after mindfulness

Bringing different perspective