

Emotional Regulation For DBT

Curated content designed to support your mental wellbeing

1.  **Ten Breaths Meditation**
Mary Waldon, PhD, LCSW · 3 min 
2.  **Centering Meditation**
Yvonne · 16 min 
3.  **Calm Your Busy Mind**
Andy Hobson · 8 min 
4.  **Responding To Challenge (5 minutes)**
UN Foundation x lululemon | Peace on Purpose · 6 min 
5.  **Easing Your Emotions By Embracing Them**
Abigail W · 8 min 
6.  **13 Minute Loving Kindness Recharge**
Heidi Hanna · 13 min 
7.  **Paced Breathing - Stress Strategy Skill | DBT**
Mary Waldon, PhD, LCSW · 5 min 
8.  **Self-Forgiveness**
Mary Waldon, PhD, LCSW · 14 min 
9.  **Self-Soothing With The 5 Senses | DBT Stress Relief Skills**
Mary Waldon, PhD, LCSW · 8 min 
10.  **Breath Break : Box Breath**
Darcel Hawkins · 5 min 

11.  **Calming Forest**
Crystal · 12 min 
12.  **Calming Sleep Visualisation**
Isabel Rose · 9 min 
13.  **Why Mindfulness Matters In DBT**
Mary Waldon, PhD, LCSW · 1 min 