



Mental Health Mondays

Do It Yourself Skills
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What is Do It Yourself Skills?

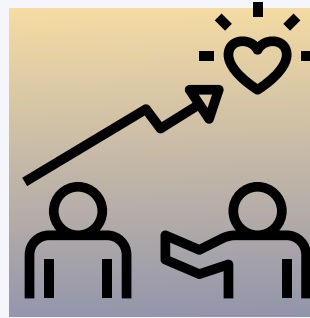
Do It Yourself Skills (DIYs) is a change in lifestyle that promotes learning new ways of thinking. DIYs uses pieces of mindfulness, [ACT](#), [DBT](#), coaching, and rewards to form easy to do lessons that **help create flexibility and reduce risks**. DIYs lessons can be done by yourself, as a group, or with a coach. These are the core components of DIYs:



Mindfulness

The practice of mindfulness allows a person to develop skills to **remain engaged** in the present moment and avoid worrying or stressing about past or future events.

Mindfulness teaches us how to be **observers of our thoughts**, no matter how difficult, rather than letting those thoughts consume us.



Skills Training & Coaching

DIYs teaches six different skills to help a person **know how to respond** in the face of unpleasant situations, while still living in a way that leads to outcomes that are most important to them.

Coaches **help people overcome obstacles** as they pop up, rather than waiting a longer period of time for support. DIYs uses in-person and technology-based coaching to help people be successful **in the moment and over time**.



Positive Consequences

People respond best when **good things** are added to their life, especially in recognition of their increased efforts.

Providing positive consequences for what you want to see happen helps to **strengthen and maintain learning** over time.

Want to learn more?

The Department offers access to free lesson plans, coaching materials, and more. Email the Tier 2 team at Tier2@dmh.mo.gov to sign up to be a DIYs coach today!

Interested in a specific topic
or want to contribute to Mental Health Monday content?

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