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Mindfulness Exercises Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · Emotion Labeling

2 · Thought Observation

3 · Mindful Breathing

4 · Five Senses Exercise

5 · Body Scan

6 · Mindful Eating

7 · Mindful Walking

8 · Mindful Listening

9 · Mindful Visualization

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14 · Letting Go of Control

15 · S.T.O.P. Practice

16 · Half-smile (or full smile)

17 · Nature Connection

18 · Mindful Forgiveness

19 · Mindful Coloring Pages

20 · Mindfulness Technique Tracking Log

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Emotion Labeling

1. Check-In with Yourself

- What physical sensations are you noticing right now? (e.g., tension, warmth, coolness, tingling) Where in your body do you feel these sensations?

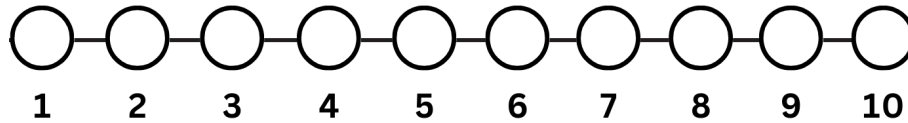
- What thoughts are passing through your mind at this moment?

- Briefly note your current environment and any stimuli that might be affecting your mood (e.g., sounds, sights, people around you).

2. Identify Your Emotion

- Try to name the emotion you are feeling right now (e.g., happiness, sadness, anger, fear, surprise, disgust, or something else).

- On a scale of 1 to 10, rate the intensity of your primary emotion.



3. Explore Your Emotion

- Can you identify what triggered this emotion? It could be an event, thought, interaction, or even another feeling.

- How are you responding to this emotion? Consider both internal reactions (thoughts, other emotions) and external reactions (actions, words).

4. Self-Compassion Break

- Write a statement accepting the presence of this emotion. Acknowledge that it's okay to feel this way.

- Write a compassionate response to yourself about experiencing this emotion. What would you say to a friend feeling the same way?

5. Learning from the Emotion

- What can this emotion teach you about your needs, boundaries, or values? Consider what underlying needs might not be met or what values are being challenged.

- List any healthy coping strategies that you can use to support yourself while experiencing this emotion. Consider seeking support, journaling, or engaging in self-care activities.

- How did it feel to openly acknowledge and explore this difficult emotion? Was there anything surprising or enlightening about this process?

Thought Observation

1. Grounding

Before you begin observing your thoughts, take a moment to ground yourself in the present.

- Take three deep breaths, inhaling slowly through your nose and exhaling through your mouth. With each exhale, imagine releasing tension from your body.
- Notice the physical sensations of your body making contact with the chair or floor. Feel the weight of your body and the texture of the contact.

2. Observing Thoughts

Spend the next few minutes quietly observing your thoughts. Let them come and go without trying to change them.

- Write down the thoughts that pass through your mind. They could be words, images, or even just feelings. Try not to analyze or judge these thoughts; simply note them as they arise.

Thoughts	Emotion Associated	Physical Sensation

Thoughts	Emotion Associated	Physical Sensation

3. Categorizing Thoughts

Look over the thoughts you've recorded and see if you can identify any patterns or categories they might fit into.

Examples:

- *Worries about the future*
- *Memories of the past*
- *Judgments (about self or others)*
- *Planning or problem-solving*
- *Random or neutral thoughts*

- What did you notice about your thought patterns? Were there any surprises?

Mindful Breathing

Preparation

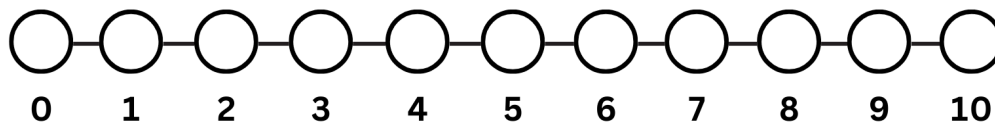
- Sit or lie down in a comfortable position where you won't be disturbed. You may choose to close your eyes to minimize distractions.
- Briefly set an intention for this practice. It could be as simple as, "I intend to focus on my breath and bring calmness to my mind."

1. Observing Your Breath

- Take a moment to observe your natural breathing pattern. Notice the rhythm, depth, and any areas of tension.
- Areas of Tension:

2. Deep Breathing Practice

Note how stressed you feel right now on a scale of 0 to 10 (0 being not stressed at all, and 10 being very stressed).

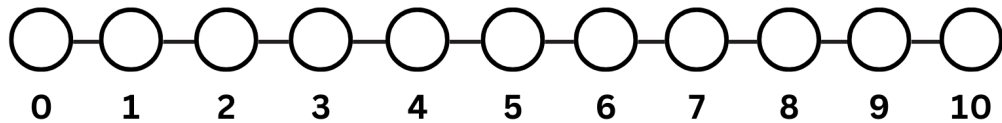


- Inhale slowly and deeply through your nose, counting to four. Feel your abdomen expand with the breath.
- Hold your breath for a count of 4. Notice the stillness in this moment.

- Exhale through your mouth for a count of 6. Focus on releasing tension with each exhale.
- Pause for a count of 2 before inhaling again.

Continue this breathing pattern for 5-10 cycles, or as long as it feels comfortable.

Now rate your stress level again.



3. Refocusing

- If your mind wanders during the exercise, gently acknowledge the distraction and bring your focus back to your breath. Remember, it's natural for the mind to wander.

Five Senses Exercise

- Note how you feel right now and rate the intensity of your feelings:

1. Sight: Look around and notice 5 things you can see. Pick items you usually wouldn't notice, like a shadow or a small crack in the wall.

1. _____

2. _____

3. _____

4. _____

5. _____

2. Touch: Pay attention to 4 things you can feel. This could be the texture of your clothing, the air on your skin, or the surface you're sitting or standing on.

1. _____

2. _____

3. _____

4. _____

3. Hearing: Close your eyes and notice 3 sounds you can hear. Listen for sounds near and far, and try to hear what you usually overlook.

1. _____

2. _____

3. _____

4. Smell: Identify 2 things you can smell. If you can't immediately smell anything, try to find something with a scent, like a flower or a cup of coffee.

1. _____

2. _____

5. Taste: Focus on one thing you can taste. This could be the aftertaste of a meal or drink, or you could pop something in your mouth, like a piece of fruit.

1. _____

- After completing the exercise, take a moment to reflect on your experience. How do you feel now compared to before the exercise?

- Which sense was the most enjoyable to engage with? Why?

- Did you find it challenging to focus on any particular sense?

Body Scan

Preparation

- Lie down on your back on a comfortable surface, such as a yoga mat or bed. You may use a pillow under your head or knees for additional support. Ensure you will not be disturbed during this exercise.

1. Breathing and Grounding

- Begin by taking five deep, slow breaths. Inhale through your nose, allowing your abdomen to rise, and exhale through your mouth, letting your body sink deeper into relaxation.

2. Body Scan Process

Starting from the top of your head and moving down to your toes, slowly shift your attention to each part of your body. Notice any sensations, such as warmth, coolness, tension, or relaxation.

Head to Neck: Forehead, eyes, nose, cheeks, mouth, jaw, and neck.

- Noticed Sensations:

Shoulders to Fingers: Shoulders, upper arms, elbows, forearms, wrists, hands, and fingers.

- Noticed Sensations:

Chest and Back: Chest, upper back, lower back, and abdomen.

- Noticed Sensations:

Hips to Toes: Hips, thighs, knees, calves, ankles, feet, and toes.

- Noticed Sensations:

3. Acknowledging Areas of Tension

- Identify Areas of Tension: Mark any areas where you noticed significant tension or discomfort.

- For areas of tension, visualize a warm, soothing light or energy gently enveloping them, melting away the tension with each exhale.

4. Reflection

- Were there any surprises or insights about your body's state? Are there areas that might need more care or attention in your daily life?

Mindful Eating

Mindful eating involves paying full attention to the experience of eating and drinking, both inside and outside the body. It can help you learn to hear what your body is telling you about hunger and satisfaction, and to experience the joy of nourishment.

Preparation

- Select a small amount of food or a meal that you will eat mindfully.
- Create a calm and comfortable eating environment. Sit down at a table, turn off digital devices, and ensure you're free from distractions.

1. Observing

- Observe the food on your plate. Notice the colors, shapes, and arrangement.

- Consider where the food came from and the effort taken to prepare it.

2. Engaging Your Senses

- Bring the food close and take a deep breath in. Identify the different aromas.

- Pick up the food or use utensils. Notice the texture, temperature, and weight.

- Pay attention to any sounds produced by your food or utensils.

3. Mindful Bites

- Take a small bite. Chew slowly, exploring the taste of the food in your mouth. Notice the flavors, textures, and sensations.

- After swallowing, pause to notice the lingering tastes and how your body feels.

4. Mindful Consumption

- Midway through your meal, pause to assess your hunger and fullness. How is the food affecting your hunger levels and how much more does your body need?

5. Reflection

- Reflect on any emotions you experienced during the meal. Did you notice any joy, guilt, satisfaction, or anxiety?

- Did you notice any physical reactions to the food (e.g., increased energy, satisfaction, discomfort)?

- How mindful were you throughout the meal? Did your mind wander? How often did you bring your attention back to your eating?

6. Gratitude

- Take a moment to feel gratitude for the food and its nourishment. Consider all the elements and individuals involved in bringing the meal to your table.

Mindful Walking

Preparation

- Select a safe and relatively quiet place for your walk. This could be a park, a garden, a quiet street, or even your backyard.

Location for Mindful Walking: _____

1. Starting Your Walk

Begin walking at a slower pace than usual. Allow yourself to notice the act of walking, the lifting and falling of each foot.

- How do the soles of your feet feel as they make contact with the ground?

2. Engaging Your Senses

As you walk, gently guide your attention to each of your senses, one at a time:

- Notice the colors, shapes, and movements around you. What is something you can see that you hadn't noticed before?

- Pay attention to the sounds in your environment, both near and far. Can you identify any sounds that were initially in the background?

- Take in any smells that you encounter along your walk. Are there any pleasant or unpleasant smells? How do they affect you?

- Feel the air on your skin. Notice the temperature and any breezes. How does the air feel different on exposed skin compared to covered skin?

- (if applicable) If you're walking after eating or drinking, notice any lingering tastes. Is there any taste in your mouth or a sense of taste from the air?

3. Reflection

- Which sense was most engaging during this walk? Did any sense offer a new perspective or appreciation for your surroundings?

- How can you incorporate mindful walking into your daily routine? Even short walks can provide a mindfulness break in your day.

Mindful Listening

Conversation Partner (optional): _____

1. Grounding

- Take three deep breaths, focusing on the sensation of air moving in and out of your body. This helps center your attention and calm your mind.

2. Observing Your Mind

- Note any preconceived thoughts or feelings about the conversation or the person you will be listening to. Acknowledge these thoughts and then set them aside.

3. Engaging in Mindful Listening

- During the conversation, focus your attention fully on the speaker. Notice their words, tone of voice, and body language.
- Maintain eye contact and show openness and receptivity through your body language.
- Nod or make appropriate verbal acknowledgments to show you are engaged, without interrupting the speaker.

4. Managing Distractions

- If you notice your attention wandering, gently acknowledge it and bring your focus back to the speaker.
- If judgments arise, note them and return to listening with openness.

5. Reflecting Back

- Reflect back what you've heard to the speaker, using phrases like "What I'm hearing is..." or "It sounds like you're saying...". This demonstrates understanding and validates the speaker's experience.

6. Post-Conversation Reflection

- What did you notice about your ability to stay present?

- How did the speaker respond to your mindful listening?

- What challenges did you face, and how can you address them in the future?

Mindful Visualization

1. Grounding

- Start by taking three deep, slow breaths. With each exhale, imagine releasing tension from your body.
- Notice the points of contact between your body and the surface you're on. Allow yourself to feel grounded and supported.

2. Choosing a Visualization Focus

- Choose a scene or focus for your visualization. This could be a place where you feel safe and happy, a calming natural environment, or even a color or shape that brings you peace.
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3. Engaging the Senses

- Picture your chosen focus in as much detail as possible. Notice colors, shapes, and any movement.
- Imagine any sounds that might be present in your scene. This could be the sound of water, birds, wind, or simply silence.
- Imagine any smells associated with your scene. The freshness of rain, the scent of pine trees, or the aroma of the sea.
- Imagine the physical sensations you might feel. The warmth of the sun, a gentle breeze, or the texture of grass.

- If applicable, consider any tastes associated with your visualization. The saltiness of sea air or the sweetness of fruits.

4. Deepening the Visualization

- As you build this scene in your mind, notice any emotions that arise. Allow yourself to feel these emotions fully.

- If your mind wanders, gently bring your attention back to your visualization, using your senses to anchor your focus.

5. Reflection

- How do you feel now compared to before the exercise?

- Were there any surprises in the emotions or sensations that arose?

- What aspects of the visualization were most vivid for you?

Mindfulness in Daily Activities

1. Selecting Daily Activities

- Think about the routine activities you do each day. Select a few where you'd like to practice mindfulness. Examples could include eating, showering, walking, or cleaning.

2. Mindful Practice Guidelines

Activity : _____

- Focus all your senses on the task. What do you see, hear, feel, smell, or taste?

- Pay attention to the small details of the activity, the aspects you usually overlook.

- Keep your breathing slow and steady, using it as an anchor to the present moment.

- When thoughts arise, acknowledge them without judgment and gently redirect your focus to the activity.

- Find aspects of the activity to be grateful for, even if it's a task you don't usually enjoy.

3. Reflection

- What did you notice about your level of presence during these activities?

- How did practicing mindfulness affect your experience of these routine tasks?

- Were there any challenges in staying mindful? How did you address them?

Non-Judgmental Thinking

1. Recognizing Judgmental Thoughts

- Reflect on your day and identify any instances where you caught yourself having judgmental thoughts about yourself, others, or situations.

Example: "This traffic is horrendous. It shouldn't be this way. The city planners are doing a terrible job."

2. Understanding the Impact of Judgment

- Think about how the judgmental thoughts affected your emotions, physical sensations, or behaviors.

3. Observing Without Judgment

- For each judgmental thought identified, rewrite the thought in a way that observes the situation or feeling without attaching judgment.

Example: "The traffic is very heavy today, leading to a slower commute. It seems like a challenging situation for everyone involved, including the city planners who manage these systems."

- Non-Judgmental Observation:

4. Cultivating Mindfulness

- Create a small reminder for yourself to practice non-judgmental awareness throughout the day. This could be a note, a symbol, or a brief mantra to repeat when you notice judgmental thoughts arising.

Reflection

- After completing this worksheet, reflect on any insights you've gained about your tendency towards judgmental thinking and how it impacts your well-being.

Self-Compassion Exercises

Self-compassion involves treating yourself with the same kindness, concern, and support you'd offer a good friend when facing difficult times.

Exercise 1: Self-Compassion Break

- Think of a situation in your life right now that is causing you stress or pain.

- Recognize the feelings this situation brings up. Allow yourself to feel them without judgment.

- Remind yourself that suffering is a part of the shared human experience. You're not alone in feeling this way.

Example: "My struggles are part of being human. Everyone faces their own battles, and it's okay to feel this way."

- Place your hands over your heart or another soothing gesture. Speak or think kindly towards yourself, as you would towards a friend.

Exercise 2: Self-Compassion Journal

- Think about moments in your day when you were critical or harsh towards yourself.

- Write a paragraph from a compassionate perspective, offering understanding and kindness for why you felt or acted the way you did.

- For each critical moment, identify something positive about how you handled the situation or a strength you displayed.

Exercise 3: Loving-Kindness Meditation

1. Sit comfortably in a quiet space where you won't be disturbed.

2. Close your eyes and focus on directing warm, compassionate thoughts towards yourself and then towards others. Use the following phrases or create your own:

- May I be happy.
- May I be safe.
- May I be healthy.
- May I live with ease.

3. Think of someone you love. Repeat the phrases, directing your intentions towards them:

- May you be happy.
- May you be safe.
- May you be healthy.
- May you live with ease.

4. Now, bring to mind someone you feel neutral about. Repeat the phrases for this person.

5. Think of someone you have difficulties with. It's often best to start with someone less challenging. Repeat the phrases, directing kindness towards them.

6. Finally, extend your loving-kindness to all beings in the world:

- May all beings be happy.
- May all beings be safe.
- May all beings be healthy.
- May all beings live with ease.

7. Gently bring your focus back to your breath. Take a few deep breaths in and out.

Exercise 4: Thank-You Note to Yourself

1. Decide whether you'd prefer to write your note by hand, which can feel more personal and tactile, or digitally, which might be more convenient for some.

2. Before you start writing, take a few moments to reflect on your experiences, challenges, achievements, and moments of joy and learning.

Think about the aspects of your character that helped you through tough times or allowed you to help others.

3. Begin your note by expressing gratitude to yourself. This could be for your resilience, your kindness, your hard work, or simply for getting through another day.

4. Mention specific instances where you've shown strength, overcome challenges, or learned something new about yourself. Acknowledge the growth that has come from these experiences.

5. If there are things you've been harsh on yourself about, use this opportunity to offer forgiveness. Acknowledge that you are doing your best and that it's okay to make mistakes.

6. End your note with words of encouragement. Write about your hopes for yourself and affirm your commitment to treating yourself with compassion and understanding.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Reflection

- Were there any challenges you faced in being compassionate towards yourself? How can you address these moving forward?

Pause and Reflect Prompts

Morning Reflection

Before starting your day, take a moment to notice your breath. How does your body feel this morning?

Set an intention for the day. What quality do you wish to bring into your activities today (e.g., kindness, patience, curiosity)?

Midday Check-In

Take a moment to notice your surroundings and ground yourself in the present. What are three things you can see, two things you can hear, and one thing you can touch?

Reflect on the first part of your day. Without judgment, notice if your actions have aligned with your morning intention. If not, how can you gently redirect yourself?

Afternoon Pause

Check in with your body and emotions. Are there any areas of tension or discomfort? What might your body be communicating to you?

Reflect on something you're grateful for today. How does acknowledging gratitude affect your current state of mind?

Evening Reflection

As the day comes to a close, reflect on any moments where you felt fully present. What were you doing, and how did it feel?

Consider any challenges you faced today. How did you respond to them? With hindsight, is there a more mindful way you might approach similar challenges in the future?

Nighttime Wind-Down

Before going to bed, take a few deep breaths and release any remaining tension from the day. What are you letting go of tonight?

Set an intention for tomorrow. What lesson from today do you want to carry into tomorrow?

Letting Go of Control

1. Identifying Areas of Control

- Think about aspects of your life where you feel a strong need to maintain control. This might include work, relationships, personal projects, or even your own emotions and thoughts.

2. Understanding the Impact

- For each area identified above, reflect on how your need for control affects your well-being, relationships, and daily life.

3. Exploring the Root

- Consider what fears or beliefs might be driving your need for control in these areas. Common roots include fear of failure, discomfort with uncertainty, or past experiences of feeling out of control.

4. Practicing Mindfulness to Let Go

- For each area where you seek control, identify a mindfulness practice that could help you let go and accept things as they are. Examples include focused breathing, mindful observation, or loving-kindness meditation.

5. Creating an Action Plan

- Based on your reflections and identified practices, outline specific actions you can take to begin letting go of control. Consider daily mindfulness exercises, setting intentions for acceptance, or journaling about your experiences.

S.T.O.P. Practice

The acronym S.T.O.P. stands for Stop, Take a breath, Observe, and Proceed.

Preparation

- Choose a cue that will remind you to practice S.T.O.P. throughout your day. This could be a recurring alarm, a visual reminder, or a specific situation that typically triggers stress.

1. Stop: Whenever you notice your reminder or feel overwhelmed, pause whatever you're doing.

- What prompted you to stop today?

2. Take a Breath: Take a few deep, intentional breaths. Focus on the sensation of the air entering and leaving your body.

- How did it feel to take those deep breaths?

3. Observe: Observe your current experience, including thoughts, emotions, and bodily sensations.

- What thoughts are running through your mind?

- What emotions are you feeling?

- What physical sensations are you aware of?

4. Proceed: With this renewed awareness, make a conscious choice about how to proceed. Ask yourself, "What is the most supportive action I can take right now?"

Half-smile (or full smile)

The physical act of smiling, even a half-smile, can trigger the release of neurotransmitters such as dopamine, serotonin, and endorphins in the brain. These chemicals play a key role in lowering stress levels and improving mood.

1. Begin by adopting a half-smile (or a full, gentle smile if you prefer). This means slightly upturning the corners of your mouth in a relaxed, soft smile. There's no need to force a big grin; the aim is to cultivate a sense of ease.

- Notice any changes in your face and body as you hold this half-smile. Feel the relaxation in your facial muscles and any warmth or tingling sensations.

2. With your half-smile in place, turn your attention to your breath. Take slow, deep breaths, inhaling through the nose and exhaling through the mouth. Observe how your breath feels entering and leaving your body.

3. As you continue to smile and breathe, observe any thoughts or emotions that arise.

- Pay attention to any shifts in your emotional state. Does the act of smiling softly influence how you feel?

4. Imagine the sensation of your half-smile spreading inwardly, from your face to your neck, down through your chest, and into your belly. Visualize your entire being smiling gently, radiating warmth and ease.

With each breath, picture this internal smile reaching further into every part of your body, touching areas of tension or discomfort with kindness and compassion.

5.- After spending a few minutes in this practice, gently relax your smile and reflect on the experience.

- Did you notice any resistance to smiling, and if so, how did it change throughout the practice?

- What insights can you take from this experience into your daily life?

Nature Connection

Preparation

- Select a natural setting for your mindfulness practice. This could be a park, garden, backyard, or even a quiet place with indoor plants.

1. Engaging the Senses

- Observe the colors, shapes, and movements around you. Notice the variety of hues in the leaves, the patterns of the clouds, or the play of light and shadow.

- Close your eyes and listen to the sounds of nature. Pay attention to the rustling leaves, bird calls, or the sound of water.

- Feel the textures of nature with your hands. This could be the bark of a tree, the smoothness of a rock, or the grass under your feet.

- Take a deep breath and smell the air. Notice any scents of flowers, earth, or rain.

- If applicable, safely taste something from nature, like a piece of fruit or herb. Observe the flavors.

2. Mindful Observation

- Find a comfortable place to sit or stand quietly. Let your senses fully immerse in the natural environment around you.

- Experience While Being Still:

3. Reflection

- Reflect on your experience of connecting with nature mindfully. What did you notice about your surroundings that you usually overlook?

- How did this practice affect your mood and physical state? Did you notice any changes in your stress level or overall sense of well-being?

Mindful Forgiveness

Forgiveness is a powerful step toward healing and peace, allowing you to release negative emotions that may be holding you back.

1. Acknowledging Feelings

- Think of a situation where you felt wronged or hurt by someone, or a situation where you need to forgive yourself.

- Write down the feelings associated with this situation. Acknowledge your pain, anger, or disappointment without judgment.

2. Understanding

- If applicable, try to understand the perspective of the other person involved. What might have been their reasons or circumstances?

3. The Intent to Forgive

- Write a statement expressing your intention to forgive. This doesn't mean you condone the behavior; it means you choose to let go of its hold on you.

4. Mindful Forgiveness Meditation

Sit quietly and take deep breaths.

Visualize the person you are forgiving (it could be yourself) and imagine sending them thoughts of compassion and forgiveness.

Use your forgiveness statement as a mantra.

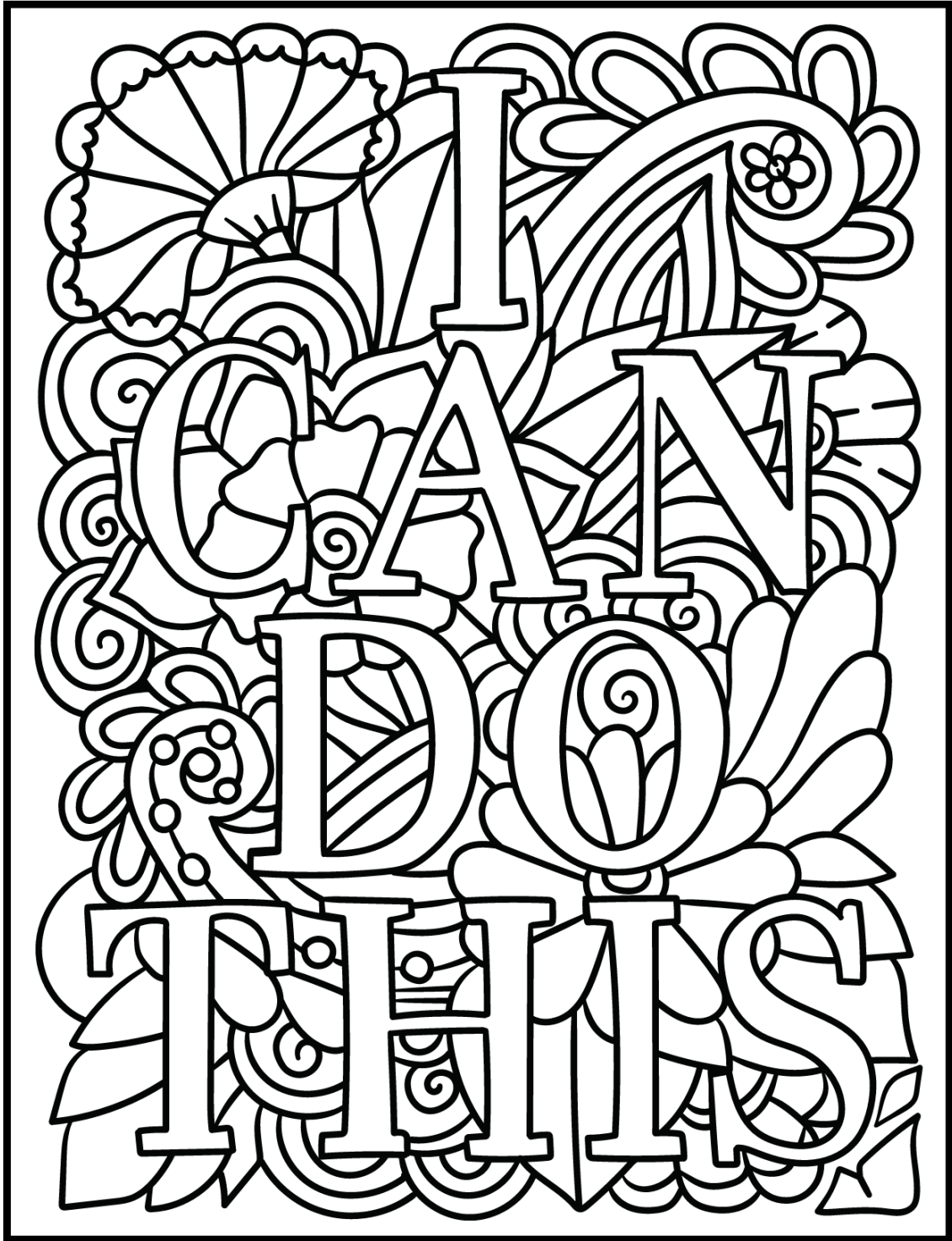
5. Letting Go

- Reflect on the emotions you're ready to release as part of your forgiveness. Imagine each breath out carrying away these negative feelings.

6. Gratitude and Learning

- Identify any lessons learned or personal growth that came from this situation. Express gratitude for these insights.

Mindful Coloring Pages



Mindfulness Technique Tracking Log

This log is designed to help you track your mindfulness practices, evaluate their effectiveness, and observe changes in your emotional well-being over time.

Technique Practiced	Mood Before	Mood After	Insights/Notes

Weekly Reflection

- Most Effective Technique This Week:

- Challenges Encountered:

- Overall Mood Improvement: Yes / No (Circle One)

- Insights Gained:

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No diagnosis under this title · No diagnosis is established by the title.
- ICD-11 CDDR: · No diagnosis is established by the title.
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 5, 6, 7, 10, 11, 12, 13, 14, 16, 20, 21, 23, 24, 25, 26, 28, 29, 30, 31, 38, 41, 43, 45, 48, 49. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Assess duration, distress/functional impairment, cultural and medical context, substance/medication effects, and relevant differential diagnoses before assigning any diagnosis.

Document-specific corrections

- Pages [2] · Frame · Mindfulness Exercises · using the DSM/ICD status below; add duration, impairment, exclusions, and differentials without reproducing criteria. The title alone must never be treated as a diagnosis.
- Pages [1, 2, 5, 10, 11] · Treat the Mindfulness Exercises ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly.
- Pages [1, 2, 3, 5, 6, 7, 10, 11, 14, 16, 20, 21, 23, 25, 26, 28, 29, 30, 38, 41, 43, 48, 49] · Use only within competence and after individualized assessment of acute risk, medical/substance contributors, functional impairment, culture, accessibility, and readiness; stop or adapt exercises that increase destabilization or unsafe behavior. Apply this specifically to the workbook's Emotion Labeling, Thought Observation, Mindful Breathing, Five Senses Exercise sections.
- Pages [1, 3, 11, 12, 13, 14, 24, 29, 30, 31, 38, 45] · Review all medical assertions in Mindfulness Exercises with a qualified medical professional; distinguish psychoeducation from individualized advice and add referral thresholds, contraindications, and medication/procedure cautions appropriate to this population.

Measures, scoring, and permissions

- Treat the Mindfulness Exercises ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly. custom/unvalidated unless evidence is supplied confirm no third-party item wording was adapted

Intervention scope and contraindications

- Use only within competence and after individualized assessment of acute risk, medical/substance contributors, functional impairment, culture, accessibility, and readiness; stop or adapt exercises that increase destabilization or unsafe behavior.

Crisis and current resources

- For immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org. Outside the U.S., use verified local emergency and crisis services. A workbook is not a crisis service or safety plan.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
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