

A BRIEF GUIDE TO DISTRESS TOLERANCE SKILLS

We all have to deal with pain, worry, and distress. Though many times, we cannot control the events in our lives that cause this distress.

So, if we cannot control these events...
what can you do?

RADICAL ACCEPTANCE



- The present situation is the result of successive events that began long in the past
- Acknowledge the present situation without judging it or yourself
- Focus on what you can do *now*
- Use some coping statements such as:
 - "The present is the only moment I have control over"
 - "It's a waste of time to fight what's already occurred"
- Next time you look at the news, try to to acknowledge that you have no control over current events and focus your efforts on how *you* can cope by reflecting and focusing on your own coping statements

DISTRACT YOURSELF



- Engaging in healthy activities that feel good and elevate your mood is a great way to distract yourself from distress
 - Talk to a friend or family member
 - Exercise
 - Re-engage in a hobby that you have not done in a while
 - Play your favorite board or video game
 - Watch a movie
 - Set an attainable goal that you would like to work toward

SELF-SOOTHE WITH YOUR SENSES



- Learning to soothe yourself when you feel distressed or overwhelmed allows your mind to function in a more relaxed way and facilitates improved ability to deal with your present situation
- Some effective soothing activities involve use of your five senses

VISION



- Go for a walk and pay close attention to the sights around you
- Look at your favorite pictures

HEARING



- Listen to your favorite music
- Open your window to hear the ambient outside sounds

TOUCH AND TASTE



- Play with your pet or take a warm or cold bath
- Eat your favorite food



SMELL



- Burn scented candles
- Bake food that has a pleasing smell