

Skills Reference Sheet

Distress Tolerance

Radical Acceptance- Accepting situations that are out of our control without trying to change it.

<p style="text-align: center;">ACCEPTS- Distraction Skills</p> <p>Activities-Engage in activities that require thought and focus</p> <p>Contributing- Focus you attention on doing something for someone else.</p> <p>Comparisons -Look at your situation in comparison to something else.</p> <p>Emotions- Do something that will create a different emotion.</p> <p>Pushing Away- Block the negative emotion or situation from your mind for a short time.</p> <p>Thoughts – Distract your mind with other thoughts</p> <p>Sensations – Distract your attention with physical sensations.</p>	<p>Self Soothe - Using our 5 senses (plus movement)</p> <p>Vision- focus your sights on something pleasant</p> <p>Hearing- Find something to listen to; this could be music or nature</p> <p>Smell- soothe yourself by focusing on smells, such as a lotion, flowers, or your favorite food.</p> <p>Taste- Imagine eating your favorite food, focus on the taste of your meal, or eat a small treat.</p> <p>Touch: Focus completely on touch; petting your dog or cat, snuggling up in a soft blanket, etc.</p> <p>Movement: Get moving, turn on music and dance, doing stretches, playing a sport, or going for a walk.</p>
<p style="text-align: center;">IMPROVE - Improving the moment</p> <p>Imagery- Use imagery to briefly escape the situation. Ex: Imagine sitting on a beach.</p> <p>Meaning- Finding meaning in the difficult situation</p> <p>Positive Thinking- Focus on any positive aspects of the situation, find the silver-lining.</p> <p>Relaxation- Do something that you find relaxing.</p> <p>One thing at a time- Focus on this present moment and one task at a time.</p> <p>Vacation- Take a short break from the distressing situation.</p> <p>Encouragement –Encourage yourself to get through the difficult situation.</p>	<p style="text-align: center;">TIP Your Body Chemistry</p> <p>Temperature: Activate you dive reflex by applying something cold and wet to your face while you are bent over holding your breath for a few seconds or dipping your face in cold water.</p> <p>Intense Exercise: Engage in 20 minutes of intense exercise which will help your body to slow down by giving your energy a new outlet</p> <p>Paced breathing: Slowing breath and engaging in deep breathing where the exhale is longer than the inhale. Be sure to breathe deeply; letting your abdomen expand as you inhale</p>