

DISTRESS TOLERANCE

Practical strategies for coping with
overwhelming and intense emotions



sadness comes in waves.



you can't stop them from coming.



but you can ride them out,

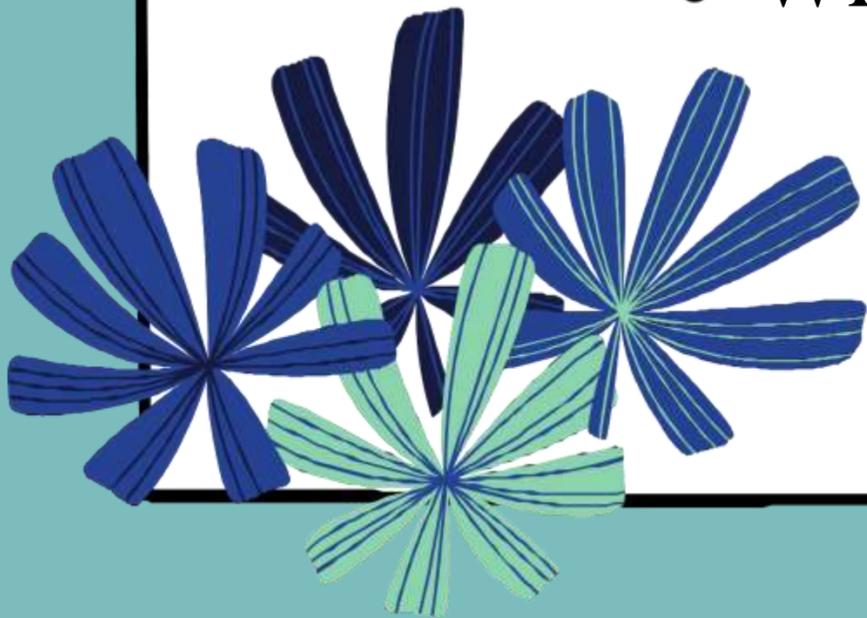


until you reach calmer waters.



RADICAL ACCEPTANCE

- Acknowledging the present circumstances with non-judgement, curiosity, openness and self-compassion.
- What can't we change?
- What can we change?



HEALTHY DISTRACTIONS

Create a healthy
distractions list.



'Hot' emotions

- What emotions do you experience intensely?
- What triggers these emotions?
- What do they feel like?

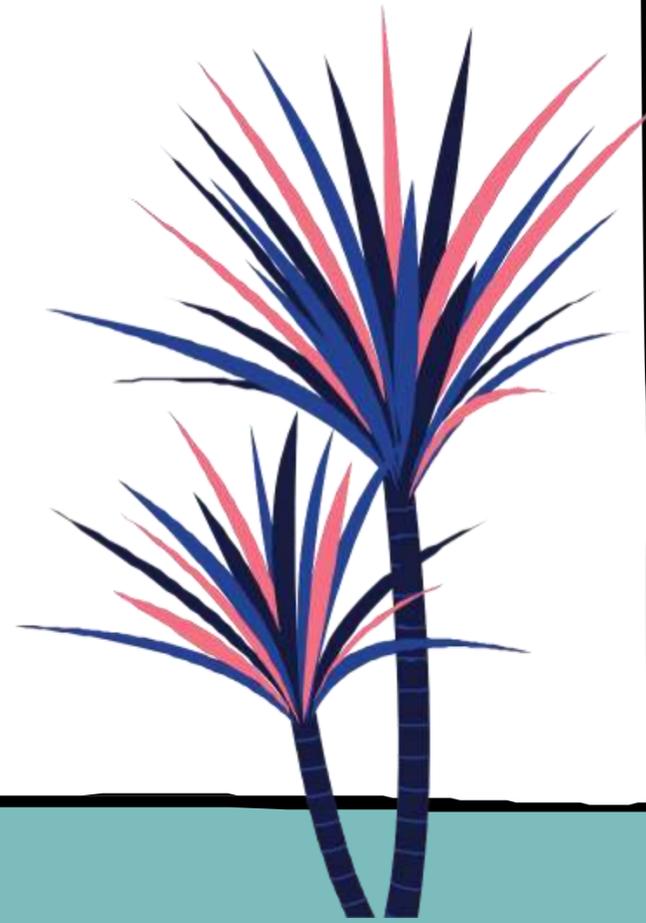
'Cooling down'

- Counting up in 7's
- Taking a hot/cold shower
- Exercising
- Helping a friend
- Cooking a meal



SELF-SOOTHE

Invoke feelings of calm and comfort by self-soothing using the five senses



SIGHT: Look at interesting imagery, photo collections, make a collage, paint or draw something.

SMELL: Go to a bakery, light some scented candles, or smell the scents of the gardens outside.

TASTE: Your favourite meal, suck on an ice cube, bite into a juicy fruit, chew gum, or have a hot drink.

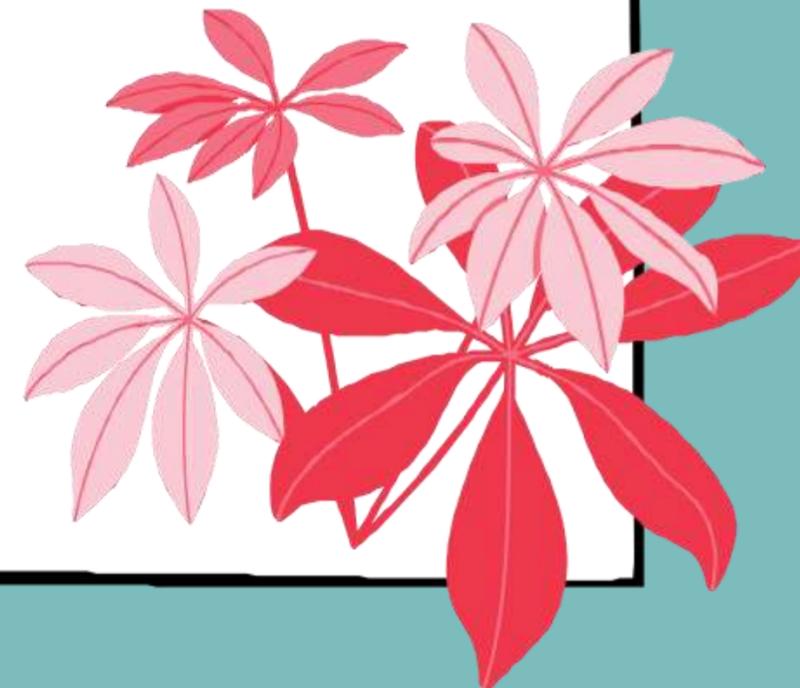
LISTEN: Good music, podcasts, nature sounds, meditation music or listen to water running.

FEEL: Self-massage, have a shower/bath, play with some soft clothes or stroke an animal.



Use R.E.S.T

- **RELAX:** Do something to create space from you and the desire to act out an impulsive response. For breathwork, use the cyclic sigh.
- **EVALUATE:** Ask what's happening in the situation – what is happening to you physically, emotionally and mentally?
- **SET AN INTENTION:** The intention is the target, goal or plan about what you're going to do. Do you need to release your feelings through writing or exercise, or take a moment to calm your body and mind?
- **TAKE ACTION:** When you feel you're ready, act out your intention. Proceed mindfully and with awareness.



Resources:

- Useful apps - **Healthy Minds Program** and **Smiling Minds**
- *Created by Josie Makkink*

