

Wise Mind- ACCEPTS

To reduce extreme emotion-- *distract*. Make it through the moment without making the situation worse

<i>Activities</i>	<ul style="list-style-type: none">• Watch a movie/TV.• Read.• Do art.	<ul style="list-style-type: none">• Clean a room.• Get your body moving.
<i>Contributing</i>	<ul style="list-style-type: none">• Help someone.• Send a nice message.	<ul style="list-style-type: none">• Given someone something you do not need.
<i>Comparisons</i>	<ul style="list-style-type: none">• Remember a time you felt differently.	<ul style="list-style-type: none">• Think about how others suffer AND how they can overcome.
<i>Emotions</i>	<ul style="list-style-type: none">• Look at photos.• Listen to music that is uplifting.	<ul style="list-style-type: none">• Watch something opposite of how you feel (if sad--> happy; if angry--> soothing).
<i>Pushing Away</i>	<ul style="list-style-type: none">• Notice ruminating, yell "NO."	<ul style="list-style-type: none">• Build an imaginary wall between yourself and the situation.
<i>Thoughts</i>	<ul style="list-style-type: none">• Do a puzzle.• Count to 10.• Name colors in the room.	<ul style="list-style-type: none">• Name all cities/states that begin with a certain letter.• Count the corners in the room.
<i>Sensations</i>	<ul style="list-style-type: none">• Squeeze a ball.• Splash water on your face/neck.	<ul style="list-style-type: none">• Smell something good.• Massage your pressure points.