Distress Tolerance: *Wise Mind ACCEPTS*

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

**ACTIVITIES:**
- Watch TV/a movie.
- Clean a room.
- Go for a walk.
- Arts and Crafts
- Read a magazine/book.
- Call a friend.

**CONTRIBUTING:**
- Help a friend/family member.
- Give away things you don't need.
- Send a thoughtful message to someone.

**COMPARISONS:**
- Remember a time when you felt differently.
- Think about how others suffer too AND how they can overcome.

**EMOTIONS:**
- Watch something funny/soothing.
- Listen to uplifting music.
- Look at photos of fond memories.

**PUSHING AWAY:**
- Build an imaginary wall between yourself and the emotional situation.
- Notice ruminating and yell :NO!"

**THOUGHTS:**
- Do a puzzle/sudoku.
- Count to 10/ count colours in a picture.

**SENSATIONS:**
- Squeeze a rubber ball hard.
- Take a cold shower.
- Smell essential oils or smelling salts.
- Biting in hand/mouth.

* Dialectical Behavior Therapy Skills (Marsha Linehan) *