

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.
- Hold ice in hand/mouth



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