

DISTRESS TOLERANCE

DISTRACT YOURSELF WITH: “ACCEPTS”

- A**ctivities Do an activity to keep your mind busy. Do something you enjoy, such as drawing, writing, or listening to music.
- C**ontributing Help others. Engage in a service project.
- C**omparison Remind yourself about all the good things in your life. Take a moment to consider the things that are going well.
- W**ith opposite Do something to create a different emotion than what you are currently feeling. Replace negatives with positives.
- E**motions:
- W**ith **P**ushing Push the experience out of your mind for a bit. Some
Away: problems are handled better after the storm has passed.
- W**ith other Get active with other healthy thoughts and actions. You have
Thoughts: more control over your thoughts than you may think.
- W**ith intense Excite your mind with intense safe sensations. Put a piece of
Other **S**ensations: ice in your hand, or take a cold shower.