

DISTRESS TOLERANCE

SELF-SOOTHE

USE YOUR 5 SENSES TO COMFORT SELF & MANAGE
DISTRESS EFFECTIVELY

With Vision: Watch a funny movie, check out the sunset, look at your old pictures, take in the scenery, or just close your eyes for a while.

With Hearing: Listen to your favorite music, listen to what people around you are saying, listen to what you are saying.

With Smell: Identify your favorite scent, smell the flowers, bake something that smells good, light some incense or a nice scented candle.

With Taste: Have a little of your favorite treat, try a new flavor of ice cream, make some hot chocolate, or just eat something sweet.

With Touch: Apply some lotion. Pet your favorite stuffed animal or the family dog. Use a stress ball. Paint your fingernails. Give someone a hug.