

DISTRESS TOLERANCE

IMPROVE THE MOMENT

With **I**magery: Imagine something relaxing or soothing. Think about your favorite memory or place. We are telling you to daydream!

With **M**eaning: Think of the important things in your life. What can be learned from difficult times? Have you survived anything like this before?

With **P**rayer: Pray, meditate, ponder, or just use your spirituality.

With **R**elaxation: Practice calming routines. Breathe. Breathe deeper. Allow events to unfold.

With **Q**ue thing in the moment: Be aware of what you are doing now. Focus on just one thing at a time to avoid complications.

With a brief **V**acation: Take a break. Tick for a while.

With **E**ncouragement: Make helpful statements about yourself. Make helpful statements about others.