

Name _____

Date _____

Distress Tolerance Activities

Body Moving Activities These activities encourage us to move our body to increase circulation, distract us from our thoughts, & burn off energy. They are most effective when we feel either agitated or lethargic.

- Walk briskly
- Jump around
- Dance
- Crouch up and down many times
- Clench
- Do yoga
- Cardioing
- Go for a run
- Hit or throw a ball

- Kick something
- Play a sport
- Stretch your body
- Walk or hike
- Work out/exercise
- Wrestle
- Yogi

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Relaxing Activities These are activities that calm and settle our bodies.

- Breath deeply for 2, 3, or 10 breaths
- Exercise band
- Go for a drive
- Meditate
- Listen to a relaxation tape
- Massage
- Nap
- Play a game
- Progressive relaxation from top to foot
- Read or re-read a story

- Sit in the dark
- Sit in the sun
- Take a break from problem solving – come back to it later

- Visualize a calm location
- Visualize a peaceful place
- Visualize a recent event

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Emotional Expression Activities These activities give us tools with our feelings and help us express them. Some activities require words that many are designed just to allow us to feel or see the nature of our distress.

- Write something
- Write poems
- Cry
- Empty clean bottles
- Clench, clench, clench
- Identify your feelings and underlying needs
- Journal or diary
- Look for meaning & purpose in your struggle
- Press a pillow with your face
- Rip something

- Scream and/or cry out while driving
- Scream a rubber ball
- Sit up straight opposite your current feeling
- Talk to loving and helpful ones
- Use acronyms to name feelings/needs
- Visualize release – unobstructed expression
- Visualize a dream
- Write a letter expressing your feelings

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Socializing Activities These activities engage us with others. They help us see that we are not alone.

- Ask for support
- Be with people you admire
- Call a friend or family member
- Give something to someone
- Go out of your way to be nice to others
- Go to a religious service or gathering
- Go to a support group
- Go to school

- Help someone in need
- Listen to someone else's perspective
- Make eye contact and smile frequently at others
- Spend time with uplifting, positive people
- Visit with a friend or family member
- Volunteer

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