Name	Date
Distress Tole	erance Activities
Body Moving Activities These activities encoura	age us to move our body to increase circulation, distract us
from our worries, & burn off energy. They are most ef	
Bike ride	Kick something
Chop wood	Play a sport
Clean	Stretch your body
 Climb up and down stairs 	 Walk or hike
Dance	 Work out/Exercise
Do yoga	Wrestle
Gardening	Yoga
Go for a run	•
Hit or throw a ball	•
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Relaxing Activities These are activities that relax	
Breath deeply for 3, 5, or 10 breaths	Sit in the dark
Exercise hard Go for a drive	 Sit in the sun Take a break from problem solving - come back to
Hobbies	later
Listen to a relaxation tape	Visualize a mini-vacation
Massage	Visualize a peaceful place
• Nap	Visualize a peacetti place Visualize a secret room
Play a game	•
Progressive relaxation from toes to head	•
Rock in a rocking chair	
Emotional Evapossion Activities Theory	in an interest of the state of
Some activities require words but many are designed j	ties get us in touch with our feelings and help us express them
Bite something	Scream and/or swear while driving
Break plates	Squeeze a rubber ball
• Cry	Stir up emotion opposite your current feeling
Empty chair technique	Talk in loving and helpful ways
Grunt, stomp, shout	Use assertion to name feelings/needs
Identify your feelings and underlying needs	Vesuvius release- boundaried expression
Journal or doodle	Visualize a drain
· Look for meaning & purpose in your struggle	 Write a letter expressing your feelings
 Pound a pillow with your fists 	
Rip something	•
Socialising Activities The state	in a management
Socializing Activities These activities engage us	
Ask for support Be with morphs you admire	 Help someone in need Listen to someone else's perspective
Be with people you admire Call a friend or family member	
Call a friend or family member Give something to someone	 Make eye contact and smile frequently at others Spend time with uplifting, positive people
Go out of your way to be nice to others	Visit with a friend or family member
Go out of your way to be filee to others Go to a religious service or gathering	Volunteer
Go to a support group	•
Go to an event	•