

IMPROVE THE MOMENT

Use this Distress Tolerance skill to get you through difficult moments.

MINDFULNESS

What are you favorite Mindfulness exercises?

Concentrate on your breathing. Describe what happened.

SELF-SOOTHE

How can you be kind to your body right now?

Choose an activity that caters to your senses. How do you feel afterward?

ACCEPTANCE

What do you need to accept to be able to relax?
