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	•
Relaxing Activities These are activities that relax	
 Breath deeply for 3, 5, or 10 breaths 	 Sit in the dark
Exercise hard	 Sit in the sun
Go for a drive	 Take a break from problem solving - come back to it
Hobbies	later
 Listen to a relaxation tape 	 Visualize a mini-vacation
Massage	 Visualize a peaceful place
• Nap	 Visualize a secret room
Play a game	•
 Progressive relaxation from toes to head 	•
Rock in a rocking chair	
Emotional Expression Activities These activity	ies get us in touch with our feelings and help us express them.
Some activities require words but many are designed j	
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	•
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Socializing Activities These activities engage us	
Ask for support	Help someone in need
Be with people you admire	Listen to someone else's perspective
Call a friend or family member	Make eye contact and smile frequently at others
Give something to someone	 Spend time with uplifting, positive people
Go out of your way to be nice to others	Visit with a friend or family member
Go to a religious service or gathering	 Volunteer
Go to a support group	•
Go to an event	• <u></u>