### DISTRESS TOLERANCE
### CRISIS SURVIVAL STRATEGIES: ACCEETS (Distraction)*

| **ACTIVITIES** | Activities that increase heart rate to release endorphins to improve mood and decrease stress:  
Examples: sports, exercise, walk dog, dance, jump rope, high knees, active video games (wii), jogging, swimming, jumping jacks, yoga, ride bike |
| **CONTRIBUTING** | Distract yourself by focusing on someone else:  
Examples: chores, help team mates, coach, volunteer, babysit, help neighbor, cook/bake for someone else, tutor, call a friend and talk about them |
| **COMPARISONS** | - Moving towards values vs avoidance  
- Day 1 of treatment vs current progress  
- Anxiety monster vs values  
- Unhealthy urges vs role model’s healthy behaviors (WW_D?)  
- Life of managed anxiety vs life filled with anxiety |
| **EMOTIONS** (Opposite to Emotion Action) | - Anxiety... calm: Bubble bath, write poetry, pet animals, mindfulness exercises (body scan), soothing music, read  
- Depression... hope: inspirational music/quotes/sayings, stand-up comedy shows, funny television shows/movies, funny friends |
| **PUSH AWAY** | Mentally creating distance from overwhelming thoughts, feelings, urges, memories, physical sensations for 10-15 minutes to decrease anxiety and then return to experience:  
Examples: put unhelpful experience in a box, imagine of emotion draining from body, leaves on stream |
| **THOUGHTS** | Activities that take a lot of mental energy or effort:  
Examples: ABC game, Sudoku, word searches, crosswords, homework, counting backwards by 7’s from 1000, puzzles, logic puzzles, reading, search and find, 20 questions, I Spy, extreme dot2dots |
| **SENSATIONS** | Shock the senses:  
Touch: rigid, cold/hot, bumpy, rough  
Sight: scary movie, bright lights/colors, optical illusions, search and find  
Sound: sirens (apps), loud bass, music, phone alarms  
Smell: perfume, cinnamon, spices,  
Taste: sweet, sour, spicy, bitter, tangy |

*Access to any objects and people necessary to facilitate coping*
<table>
<thead>
<tr>
<th>DISTRESS TOLERANCE</th>
<th>CRISIS SURVIVAL STRATEGIES: IMPROVE (the Moment)*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>IMAGERY</strong></td>
<td>Imagine nature, calming scenes, “happy” place, memories, vacations, something you’re looking forward to, anxiety monster vs. values, leaves on a stream, dance routines, sport plays, moving towards values</td>
</tr>
<tr>
<td><strong>MEANING MAKING</strong></td>
<td>Identify values underneath the distress, explore reasons to be willing to experience discomfort, explore values related to uncomfortable thoughts/feelings/physical sensations</td>
</tr>
</tbody>
</table>
| **PRAYER/ MEDITATION** | Prayer: connection to higher power, trust in higher power, support, hope  
Meditation: contact with present moment, calms physical sensations, manage breathing more effective, grounding |
| **RELAXATION**    | Mindfulness exercises, walking, yoga, stretching, 4 square breathing/follow your breath/value breathing/deep breaths, singing, dancing, get fresh air/change scenery, play with hair, touch objects mindfully, 5-4-3-2-1 with your 5 senses, play with rings/bracelets/necklace |
| **ONE THING IN THE MOMENT** | Bring self back to the present moment by doing one thing at a time, 100% focus on current activity, no multi-tasking, use 5 senses to get grounded in present |
| **VACATION**      | 1. Take a break for no more than 15 minutes  
2. Practice skills (resist swimming in thoughts/feelings/physical sensations)  
3. Return to activity  
*Temporary – you must return to activity |
| **ENCOURAGEMENT** | Self-encouraging statements, DBT phrases (get it out of your future/ride the wave/just do it), song lyrics, inspirations quotes, poems, encouraging words from family/friends, statements from role-models, letters from family/friends |

*On-the-go coping when one does not have access to objects or people to facilitate coping
## DISTRESS TOLERANCE
### CRISIS SURVIVAL STRATEGIES: SELF-SOOTHE*

<table>
<thead>
<tr>
<th>Sense</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sight</td>
<td>Flowers, candle/watch flame, food, art, pictures of family/friends/pets, star gaze, walk/drive mindfully, you tube videos, books, dance performances, television, movies, celebrities, nature</td>
</tr>
<tr>
<td>Hearing</td>
<td>Listen to soothing music, sounds of nature (waves, birds, rainfall, leaves rustling), sing your favorite song, play musical instrument, friends/family voices, audio books</td>
</tr>
</tbody>
</table>
| Taste | Favorite meal, soothing drinks (herbal tea, hot cocoa, chocolate milk), treat yourself to a dessert, mints, gum, water, hard candy, chocolate  
*Remember to eat and/or drink mindfully |
| Touch | Bubble bath, pet dog/cat, fresh clothes from dryer, get a message, soak your feet, put lotion on, cold compress on forehead/back of neck, soft material (fleece, silk, cotton), brush hair/run fingers through hair, hug family member/friend, fidget toy/stress ball/bendy stick, small stuffed animal |
| Smell | Favorite perfume or cologne, lotion, spray fragrance in the air, scented candles, potpourri, bake cookies/bread/cupcakes, cook favorite meal, mindfully walk in nature, wax melts |

*Utilizing information from the senses to comfort and ground oneself in present moment.