

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_ CLASS: \_\_\_\_\_

## DISTRESS TOLERANCE SKILLS: DISTRACT WITH "ACCEPTS"

### ACTIVITIES:

Do something. Call, email, or visit a friend; watch a favourite movie or TV show; play video games; write in a journal; read a book; listen to music; go online and download music or apps; play a game by yourself or with others; clean your room; go for a walk or run; exercise vigorously.

### CONTRIBUTING:

Say thank you to someone; help a friend or sibling with homework; make something nice for someone else; give away things you don't need; surprise someone with a hug, a note, a gift or a favour; volunteer.

### COMPARISONS:

Compare yourself to those who are less fortunate (but not if it makes you invalidate your own experiences); compare how you are feeling now to a time when you were doing worse.

### EMOTIONS:

Create different emotions. Watch a funny TV show or film; listen to something soothing or to upbeat music; get active when you feel sad.

### PUSHING AWAY:

Push the painful situation out of your mind temporarily; leave the situation mentally by moving your attention and thoughts away from it; build an imaginary wall between you and the situation; put the pain in a box or on a shelf for a while.

### THOUGHTS:

Read; do word or number puzzles; count numbers; colour in a picture; do crafts or something creative; repeat lines to a song in your head.

### SENSATIONS:

Hold or chew ice; listen to loud music; take a warm or cold shower; squeeze a stress ball; stroke your dog or other pet.