

# DISTRESS TOLERANCE SKILLS

## 1. Name It

*Label, Identify, Put words to your experience*

## 2. Feel It

*Notice what sensations arise in the body & give them space noticing intricacies and describing them in detail.*

## 3. Pause

*Take a moment to fully be in the present moment - observe with all 5 senses*

**Sight**

**Smell**

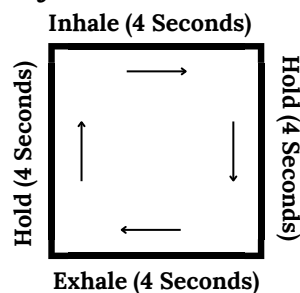
**Touch**

**Hearing**

**Taste**

## 4. Breathe

*Take a few deep, slow, mindful breaths*



## 5. Know Your Needs

*Identify what it is that you are needing in this moment*

# OTHER DISTRESS TOLERANCE SKILLS

## **6. Temperature Change**

*utilize hot or cold to shift internal state*

## **7. Self-Soothing**

*activating Vagus Nerve with humming, gargling, singing, chanting*

## **8. Weighted Blankets or Pressure (holding/hugging self)**

## **9. Bilateral Stimulation**

*bilateral sound, tapping, havening technique*

## **10. Essential Oils**

## **11. Covering Eyes to self-soothe**

## **12. EFT Tapping on acupressure points**

