

TOLERATING STRESS

DISTRACT and SELF-SOOTH

ACTIVITIES

Go out to a meal, call or visit a friend, play sports or video games, write, garden, read, exercise, do something for someone else, volunteer to help others

*Add **your** "distract - activity"*

EMOTIONS

Do something that creates a different or opposite emotion, watch a funny TV show, listen to emotional music that is opposite to your emotion

*Add how **you** would "distract – emotions"*

PUSHING AWAY/THINKING OF OTHER THOUGHTS

Leave the situation mentally, put the pain on a shelf, block it from your mind – refuse to think about it, focus on other thoughts, do puzzles, read, count to 10

*Add how **you** might "distract – push away"*

VISION & HEARING

Look at a poster you like, walk in a beautiful place, look at the nature around you, Be mindful of each sight, listen to soothing or invigorating music, listen to sounds of nature, be mindful of each sound

*Add **your** "vision or hearing self-soothe"*

SMELL

Put on your favorite perfume or lotion, or try them on in a store, bake cookies, cakes or breads, put potpourri in a bowl

*Add **your** "smell self-soothe"*

TASTE

Have a good meal, have a favorite drink or your favorite flavor of ice cream, chew your favorite gum, suck on a candy, get yourself a special food – eat one thing mindfully

*Add **your** "taste self-soothe"*

TOUCH

Pet your dog or cat, take a bubble bath, brush your hair for a long time, put lotion on your body, hug someone, sink into a very comfortable chair – notice touch that is soothing

*Add **your** "touch self-soothe"*

