**DISTRESS TOLERANCE**

**CRISIS SURVIVAL STRATEGIES:**

**TO DISTRACT WHEN HIGH ON EMOTION LADDER**

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| 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 / Anxiety monster vs values-Day 1 of treatment vs current progress-Wise mind: rational mind vs emotion mind-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 findSound: sirens (apps), loud bass, music, phone alarmsSmell: perfume, cinnamon, spices, Taste: sweet, sour, spicy, bitter, tangy |