

BRESCIA STUDENT LIFE CENTRE

DISTRESS TOLERANCE SKILL

What to do when you are distressed?

1. ACCEPTS

2. SELF SOOTHE

3. RADICAL ACCEPTANCE

4. TIPP

WHAT ARE THEY ????



ACCEPTS

1. Activity

Engage in an activity, and this can be just about any healthy activity

3. Comparison

Is there an event in the past are more challenged? Is there people around you who has suffered more than you?

5. Push away

It's okay to push the problem out of your mind temporarily.

7. Sensation

Use your five senses to self-soothe during times of distress!!

2. Contributing

Do something kind for another person. Giving service can help you relieve emotional distress in a couple ways.

4. Emotion

Know that you have power to invoke your feeling. Meditation for 10 min is a good way.

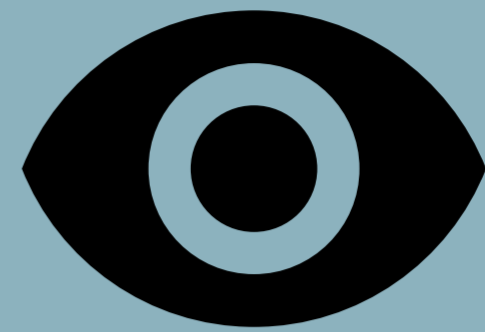
6. Thoughts

Think positive, replace negative, anxious thoughts with activities that busy your mind.

Self Soothe

SIGHT

What can you see?
Name 5 things in the
room you are in that
you can see.



HEARING

Listen to sounds,
download apps for
sounds, listen to
music.



TASTE & SMELL

Try things
pleasurable, delicious.



TOUCH

Embrace your sense of
touch, feel something
in your hand, take a
warm bath.



MOVEMENT

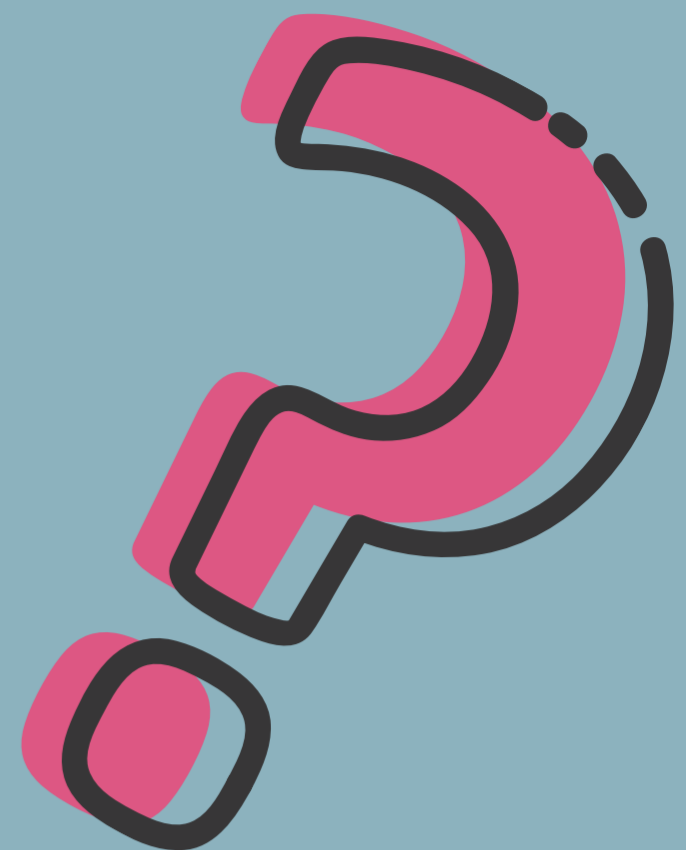
Go for a walk ,exercise!



Radical Acceptance

WHAT IS IT ???

- Radical acceptance refers to a healthier way of thinking during these stressful situations.
- **NOT** focusing on how you would like something to be different, **BUT** you will recognize and accept the problem or situation as it is.



Accepting **DOES NOT EQUAL TO** liking or condoning something.

Case: You did not get selected for a job when you have really high expectation for it !

Typical thinking:

This isn't fair—I did everything right! I think I was the best one there.

Radical thinking:

It's frustrating that I didn't get the job, but I accept that they felt someone else would be a better fit.

Temperature

Cool yourself down with water when stressed, hold an ice cube. Change of body temperature will help!

Intense Exercise

The idea is increasing oxygen flow helps decrease stress levels. Jumping jacks, running are all good options.



Paced Breathing

Control your breath. Try “box breathing”. Take in air four seconds, hold it in four seconds, breathe out four, and hold four. And then start again.

Paced Muscle Relaxation

Tighten a voluntary muscle, relax it, and allow it relax. Relaxed muscles require less oxygen, so your breathing and heart rate will slow down.