

Distress Tolerance Plan

What is Distress Tolerance?

Moments when we feel stressed or overwhelmed.

Tolerance

When we confront our stress and take action, rather than dismissing or ignoring it. Building our ability to manage stressful situations independently.

Identifying When we are Stressed

This builds our awareness and prepares us to manage our stress.

Guiding Questions to Build Awareness of When I'm Stressed

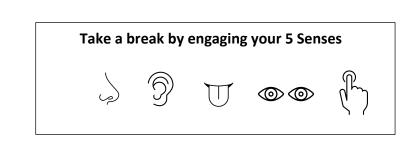
How do I know I'm stressed?	
How does my body feel?	
What am I thinking?	
Who do I tend to be with?	
What's happening?	
When does this happen?	
Where do I tend to be when I'm stressed?	
How do I respond?	

Identify Coping Skills That Work for You

Mindful Plan & Mindfulness (Planning for stressful moments. See sheets from mindfulness video.) Radical Acceptance & Control (Accept what's happening and focus on what we can control.) Leaning on Others (Seeking support from our people. See our Crisis Management Plan.) Reward Yourself (When you complete a task, what can you do to reward yourself?) Cognitive Reframe (Challenge unhelpful thoughts. See the ABCDEF Sheet.)









Use Your Coping Skills Until Stress is Resolved

Don't give up on your coping skills. Try your favorite coping skills a few times and if you need, try others to help you get to the calm you deserve.

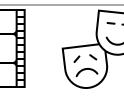
Reward Yourself for Managing Stress

Once you've managed your stress and have returned to your calm, reward yourself. Do something that makes you feel good. You deserve it! After all, you successfully managed a situation that was tough.





Have your favorite snack or meal or treat



Go see a movie or a play or standup comedy





Evaluate How It Went