

Distress Tolerance Plan

What is Distress Tolerance?

| | |
|------------------|--|
| Distress | 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

1

- 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

2

- 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.*)



Journaling



Exercising



Square Breathing



Setting Boundaries

Take a break by engaging your 5 Senses

