

Create Your Own Distress Tolerance Kit

In the space below, list 10 tools, skills, or self-care items that you can use in the short term when you're feeling distressed. You can draw from the skills learned today, and also from the things you already do to take care of yourself. For example, you might list square breathing, taking a shower, and texting a friend.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now, create another list of longer term strategies for managing distress. This list could include things like creating a sleep hygiene plan or getting regular exercise.

1. _____
2. _____
3. _____
4. _____
5. _____
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7. _____
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9. _____
10. _____