

Distress Tolerance

Create Your Crisis Survival Kit for Home, School, or Work

Activities

List below 10 tools that go into your home crisis survival kit. Choose from your Distraction with a wise mind ACCEPTS skills, your Self-Soothe skills, your IMPROVE skills, and your TIPP skills. Take a shoebox, sturdy bag, or basket and place the relevant items inside. Ideas: a stress ball, your favorite scented lotion or aftershave, a picture of your favorite vacation spot, a favorite magazine, a puzzle book, herbal tea bags, and a favorite piece of candy.

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9. _____
10. _____

Create a smaller version of your kit for school or work that fits in a pencil case or lunchbox. Consider items that can be used at your desk: for example, multicolored rubber bands to stretch; paper and pens for doodling; a mini-pack of playdough; a squeeze ball; silly putty; a list of visual stimuli in your class or office that can distract or soothe you; snacks to self-soothe; a list of friends, teachers, counselors, or colleagues you can approach when you have a break.

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