



## STOP Technique

**S**

### **STOP**

Do not just react. Stop. Stay still. Do not move a muscle! Your emotions may try to make you act without thinking. Stay in control.

**T**

### **TAKE A STEP BACK**

Step back from the situation. Take a break, breathe deeply, and allow yourself to let go. Avoid letting your feelings make you act impulsively.

**O**

### **OBSERVE**

Notice what is going on inside and outside of you. What is the situation? What are your thoughts and feelings? What are others saying or doing?

**P**

### **PROCEED MINDFULLY**

Act with awareness. Consider the situation, including your own thoughts and emotions as well as others'. Ask your Wise Mind: Which actions will make it better or worse?

# Crisis Survival Skills:

## TIPP Skills for Managing Extreme Emotions

### When emotional arousal is very high,

- You are completely caught in Emotional Mind.
- Your brain is not processing information.
- You are emotionally overwhelmed.

**“TIPP” your body chemistry to reduce extreme Emotion Mind quickly with:**

### Temperature

- **Tip the temperature of your face with cold water to calm down fast.** Holding your breath, put your face in a bowl of cold water; keep water above 50°F.
- For alternatives, hold a cold pack or ziplock bag with ice water on your eyes and cheeks. Hold for 30 seconds. You may also splash cold water on your face.
  - Caution: Ice water decreases your heart rate rapidly. Intense exercise will increase heart rate. If you have a heart or medical condition, lowered base heart rate due to medications, take a beta blocker, or have an eating disorder, consult your health care provider before using these skills. Avoid ice water if allergic to the cold.



### Intense Exercise

- **To calm down your body when it is revved up by emotion.** Engage in intense aerobic exercise, if only for a short while (10-15 minutes).
- Expend your body's stored-up physical energy by running, walking fast, jumping rope or jumping jacks, playing basketball, weight lifting, putting on music and dancing. Don't overdo it.



### Paced Breathing

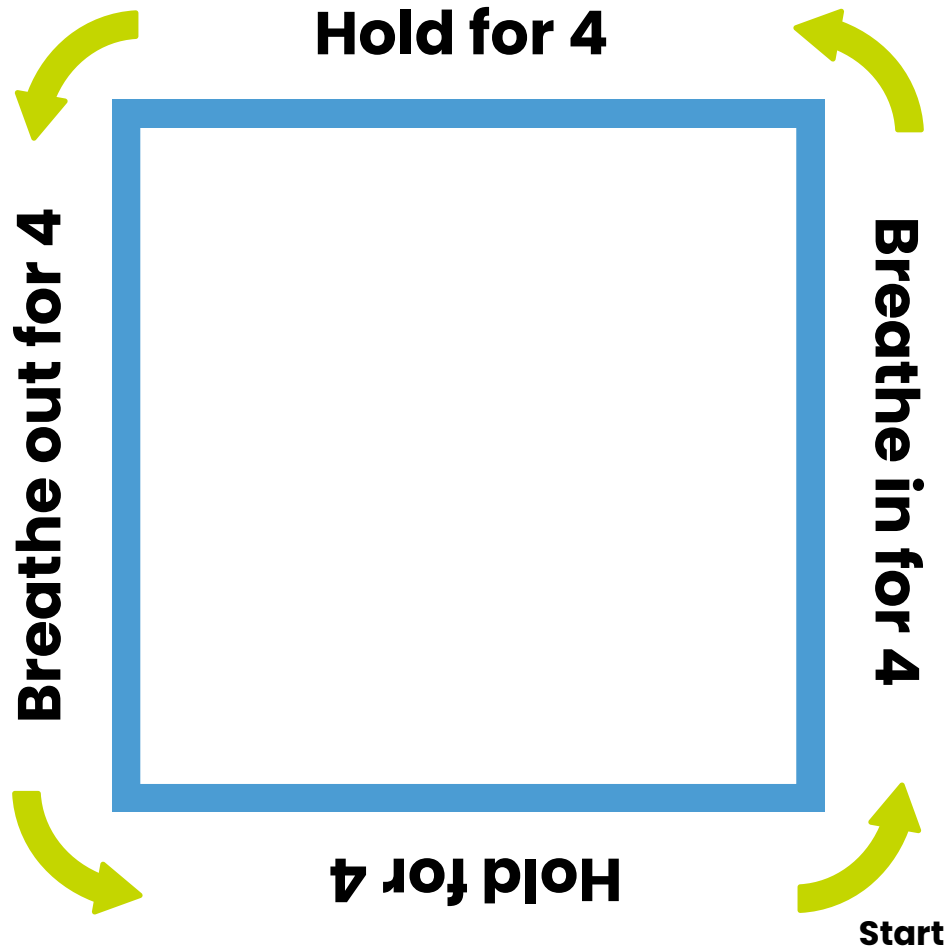
- **Slow your pace of breathing way down** (to about 5-7 in and out breaths per minute). Breathe deeply from the abdomen. Breathe *out* more slowly than you breathe *in* (e.g. 4 seconds in and 6 seconds out). Do this for 1-2 minutes to bring down your arousal.



### Progressive Muscle Relaxation

- **Tense and relax each muscle group**, head to toe, one muscle group at a time. Tense (5 seconds), then let go; relax each muscle all the way. Notice the tension; notice the difference when relaxed.

## Square Breathing



1. Start at the bottom right of the square.
2. Breathe in for 4 counts as you trace the 1<sup>st</sup> side of the square.
3. Hold your breath for 4 counts as you trace the 2<sup>nd</sup> side of the square.
4. Breathe out for 4 counts as you trace the 3<sup>rd</sup> side of the square.
5. Hold your breath for 4 counts as you trace the final side of the square.

**You just completed one deep breath!**

# Crisis Survival Skills:

## Self-Soothe with Six Senses



### Vision

- Look at photos of people or places you love
- Watch the clouds or stars
- Visit a calming space, like a garden or quiet room



### Hearing

- Listen to your favorite song on repeat
- Notice natural sounds like birds, rain, or thunder
- Play an instrument or sing
- Use a sound machine or calming audio app



### Smell

- Use your favorite lotion, scented aftershave, or body wash
- Make cookies or popcorn
- Smell freshly brewed coffee
- Take a walk and "smell the roses"



### Taste

- Eat some of your favorite foods
- Drink your favorite nonalcoholic beverage
- Treat yourself to ice cream
- Practice mindful eating. Slow down, savor one thing, and don't overdo it.



### Touch

- Take a warm bath or shower
- Cuddle a pet or hug someone
- Get a massage or brush your hair
- Use a cool cloth or change into cozy clothes



### Movement

- Rock gently or sway
- Stretch your body
- Go for a run or walk
- Practice yoga
- Dance it out

# Distraction

A way to remember these skills is the phrase a “wise mind ACCEPTS.”

## Activities

- |   |  |
|---|--|
| <input type="checkbox"/> Focus attention on a task you need to get done | <input type="checkbox"/> Go out for a meal or eat a favorite food. |
| <input type="checkbox"/> Rent movies; watch TV.                         | <input type="checkbox"/> Call or go out with a friend.             |
| <input type="checkbox"/> Clean a room in your house.                    | <input type="checkbox"/> Listen to your iPod or download music.    |
| <input type="checkbox"/> Find an event to go to.                        | <input type="checkbox"/> Build something.                          |
| <input type="checkbox"/> Play computer games.                           | <input type="checkbox"/> Spend time with your children.            |
| <input type="checkbox"/> Go walking or exercise.                        | <input type="checkbox"/> Play cards.                               |
| <input type="checkbox"/> Surf the internet or write e-mails.            | <input type="checkbox"/> Read magazines, book, or comics.          |
| <input type="checkbox"/> Play sports.                                   | <input type="checkbox"/> Do crossword puzzles or Sudoku.           |
|   | <input type="checkbox"/> Other: _____                              |

## Contributing

- |   |  |
|---|--|
| <input type="checkbox"/> Find volunteer work to do.           | <input type="checkbox"/> Call or send a message encouraging someone or just saying hi. |
| <input type="checkbox"/> Help a friend or family member.      | <input type="checkbox"/> Make something nice for someone else.                         |
| <input type="checkbox"/> Surprise someone with something nice | <input type="checkbox"/> Do something thoughtful.                                      |
| <input type="checkbox"/> Give away things you don't need.     | <input type="checkbox"/> Other: _____  |

## Emotions

- |   |   |
|---|---|
| Be sure the event creates different emotions.                           | <i>Ideas:</i> Scary movies, joke books, comedies, funny records, religious music, soothing music or music that fires you up, going to a store and reading funny greeting cards. |
| <input type="checkbox"/> Read emotional books, stories, or old letters. |   |
| <input type="checkbox"/> Watch emotional TV shows or movies.            |   |
| <input type="checkbox"/> Listen to emotional music.                     | <input type="checkbox"/> Other: _____   |

## Pushing Away

- |   |   |
|---|---|
| <input type="checkbox"/> Push the situation away by leaving it for a while. | <input type="checkbox"/> Notice ruminating: Yell “No!”                            |
| <input type="checkbox"/> Leave the situation mentally.                      | <input type="checkbox"/> Refuse to think about the painful situations. Box it up. |
| <input type="checkbox"/> Build a wall between yourself and the situation.   | <input type="checkbox"/> Deny the problem for the moment.                         |
| <input type="checkbox"/> Block thoughts and images from your mind.          | <input type="checkbox"/> Other: _____   |

## Thoughts

- |  |  |
|--|--|
| <input type="checkbox"/> Count to 10, count colors, or count anything. | <input type="checkbox"/> Work puzzles.     |
| <input type="checkbox"/> Repeat words to a song in your mind.          | <input type="checkbox"/> Watch TV or read. |
|  | <input type="checkbox"/> Other: _____      |

## Sensations

- |   |  |
|---|--|
| <input type="checkbox"/> Squeeze a rubber ball very hard. | <input type="checkbox"/> Go out in the rain or snow. |
| <input type="checkbox"/> Listen to very loud music.       | <input type="checkbox"/> Take a hot or cold shower.  |
| <input type="checkbox"/> Hold ice in your hand or mouth.  | <input type="checkbox"/> Other: _____                |

# Emotional Regulation:

## Taking Care of Your Mind By Taking Care of Your Body

**P  
L**

1. Treat Physical  
Illness

Take care of your body. See a doctor when necessary. take prescribed medication.

**E**

2. Balance Eating

Listen to your body and eat enough food, regularly and mindfully throughout the day. Eat a wide variety of foods and aim for nutrient-dense foods.

**A**

3. Avoid Mood-  
Altering  
Substances

Avoid or moderate substances that alter your mood. If you need help, reach out to Student Wellness to talk about your substance use and goals.

**S**

4. Balance Sleep

Try to get 7-9 hours of sleep at night, or at least the amount of sleep that helps you feel good. Keep to a consistent sleep schedule, especially if you are having difficulty sleeping.

**E**

5. Get Exercise

Do some sort of exercise every day. Try to build up to 20 minutes of daily exercise.

# FOOD and Your MOOD

## Step 1

**Observe how certain foods affect your mood (both negatively and positively).**

### Negative Examples:

- Soda and sugary snacks might make you feel tired and irritable.
- Heavy, fatty foods (eg., French fries, potato chips, fried chicken, greasy foods) might make you feel sluggish.
- Caffeine might make you feel jittery and anxious, interfering with your sleep.

### Positive Examples:

- Complex carbohydrates and fiber (eg., sweet potatoes, whole wheat pasta, oatmeal, whole-grain cereals, salads) give you slow and steady energy
- Proteins (eg., lean meats and poultry, beans, nuts, fish, eggs) also provide your body with steady energy that helps you stay active and strong both physically and mentally.
- Dairy foods (eg., low-fat milks, cheeses, yogurts) have protein and calcium, which help with energy and bone strength.
- Fruits and vegetables provide you energy, boost you health, and give you you a sweet or crunchy treat without zapping your energy or making you feel guilty.
- Once you know what foods make up a balanced diet, you can determine what changes might be needed.

## Step 2

**Notice when you feel hungry and full.**

## Step 4

### Start small.

Don't try to make dramatic changes to what you eat all at once. You may feel overwhelmed, which might set yourself up to fail start slowly and gradually to change your habits.

For example:

- Eat enough food.
- Get rid of food rules. All foods can fit!
- Add foods with lots of nutrients in them, like fruits and vegetables, to both meals and snacks.
- Eat a variety of foods.



## Step 3

**Start thinking about changes.**

- How can you begin to increase the amount of nutrient dense foods that you eat?
- Consider tracking food choices so you see connections and patterns.

## Step 5

**Notice the effects of eating on your mood.**



# Best Ways to Get Rest:

## 12 Tips for Better Sleep



1

### **Stick to a Schedule:**

Don't sleep late on weekends. If you sleep late on Saturday and Sunday morning, you will disrupt your sleep pattern. Instead, go to bed and get up at about the same time every day.

2

### **Establish a Bedtime Routine:**

This might include shutting off screens (TV, computer, cell phone), changing into comfy PJs, sipping herbal tea, lowering bright lights and reducing noise, and reading.

3

### **Don't Eat or Drink a lot Before Bed:**

Eat a light dinner at least 2 hours before sleeping. If you drink too many liquids before bed, you'll wake up repeatedly for trips to the bathroom. Watch out for spicy foods, which may cause heartburn and interfere with sleep.

4

### **Avoid Caffeine and Nicotine:**

Both are stimulants and can keep you awake. Caffeine should be avoided for 8 hours before your desired bedtime.

5

### **Exercise:**

If you're trying to sleep better, the best time to exercise is in the morning or afternoon. A program of regular physical activity enhances the quality of your sleep.

6

### **Keep Your Room Cool:**

Turn the temperature in the room down, as this mimics the natural drop in your body's temperature during sleep. Use an air conditioner or a fan to keep the room cool. If you get cold, add more layers. If you are hot, remove some layers.

7

### **Keep it Dark, Quiet, and NO SCREENS:**

Use shades, blinds, and turn off lights. Silence helps you sleep better. Turn off the radio and TV. Use earplugs. Use a fan, a white noise machine, or some other source of constant, soothing, background noise to mask sounds you can't control. No laptops, iPads, phones, or screens for at least 1 hour before bedtime.

8

### **Sleep Primarily at Night:**

Daytime naps steal hours from your nighttime sleep. Limit daytime sleep to less than 1 hour, no later than 3:00 P.M.

9

### **Don't Rely on Sleeping Pills:**

If they are prescribed to you, use them only under a doctor's close supervision. Make sure the pills won't interact with other medications!

10

### **Use Your Bed Only for Sleep:**

Make your bed comfortable and appealing. Use only for sleep—not for studying or watching TV. Go to bed when you feel tired and turn out the lights. If you don't fall asleep in 30 minutes, get up and do something else relaxing like reading books or magazines—NO SCREENS! Go back to bed when you are tired. Don't stress out! This will make it harder to fall asleep.

11

### **Soak and Sack Out:**

Taking a hot shower or bath before bed helps relax tense muscles.

12

### **Don't Catastrophize:**

Tell yourself "It's OK; I'll fall asleep eventually."

# Emotional Regulation

## Pleasant Events List

### Activities

- |   |  |
|---|--|
| <input type="checkbox"/> Working on my car  | <input type="checkbox"/> Playing soccer  |
| <input type="checkbox"/> Planning a career  | <input type="checkbox"/> Flying kite   |
| <input type="checkbox"/> Getting out of (paying down) debt                                      | <input type="checkbox"/> Having discussions with friends                               |
| <input type="checkbox"/> Collecting things (baseball cards, coins, stamps, rocks, shells, etc.) | <input type="checkbox"/> Having family get-togethers                                   |
| <input type="checkbox"/> Going on vacation  | <input type="checkbox"/> Riding a bike or motorbike                                    |
| <input type="checkbox"/> Thinking how it will be when I finish school                           | <input type="checkbox"/> Running track   |
| <input type="checkbox"/> Recycling old items  | <input type="checkbox"/> Going camping   |
| <input type="checkbox"/> Going on a date  | <input type="checkbox"/> Singing around the house                                      |
| <input type="checkbox"/> Relaxing   | <input type="checkbox"/> Arranging flowers   |
| <input type="checkbox"/> Going to or watching a movie   | <input type="checkbox"/> Practicing religion (going to church, group praying, etc.)    |
| <input type="checkbox"/> Jogging, walking   | <input type="checkbox"/> Organizing tools  |
| <input type="checkbox"/> Thinking, "I have done a full day's work"                              | <input type="checkbox"/> Going to the beach  |
| <input type="checkbox"/> Listening to music   | <input type="checkbox"/> Thinking, "I'm an OK person"                                  |
| <input type="checkbox"/> Thinking about past parties  | <input type="checkbox"/> Having a day with nothing to do                               |
| <input type="checkbox"/> Buying household gadgets   | <input type="checkbox"/> Going to class reunions                                       |
| <input type="checkbox"/> Lying in the sun   | <input type="checkbox"/> Going skating, skateboarding, rollerblading                   |
| <input type="checkbox"/> Planning a career change   | <input type="checkbox"/> Going sailing or motorboating                                 |
| <input type="checkbox"/> Laughing   | <input type="checkbox"/> Traveling   |
| <input type="checkbox"/> Reading magazines or newspapers  | <input type="checkbox"/> Painting  |
| <input type="checkbox"/> Engaging in hobbies (stamp collecting, model building, etc.)           | <input type="checkbox"/> Doing something spontaneous                                   |
| <input type="checkbox"/> Spending an evening with good friends                                  | <input type="checkbox"/> Doing needlepoint, crewel, etc.                               |
| <input type="checkbox"/> Planning a day's activities  | <input type="checkbox"/> Sleeping  |
| <input type="checkbox"/> Meeting new people   | <input type="checkbox"/> Driving   |
| <input type="checkbox"/> Remembering beautiful scenery  | <input type="checkbox"/> Entertaining, hosting parties                                 |
| <input type="checkbox"/> Saving money   | <input type="checkbox"/> Going to clubs (garden clubs, Parents without Partners, etc.) |
| <input type="checkbox"/> Going home from work   | <input type="checkbox"/> Thinking about getting married                                |
| <input type="checkbox"/> Eating   | <input type="checkbox"/> Going hunting   |
| <input type="checkbox"/> Practicing karate, judo, yoga  | <input type="checkbox"/> Singing with groups   |
| <input type="checkbox"/> Thinking about retirement  | <input type="checkbox"/> Flirting  |
| <input type="checkbox"/> Repairing things around the house                                      | <input type="checkbox"/> Playing musical instruments                                   |
| <input type="checkbox"/> Working on machinery (cars, boats, etc.)                               | <input type="checkbox"/> Doing arts and crafts   |
| <input type="checkbox"/> Remembering the words and deeds of loving people                       | <input type="checkbox"/> Making a gift for someone                                     |
| <input type="checkbox"/> Wearing shocking clothes   | <input type="checkbox"/> Buying/downloading music                                      |
| <input type="checkbox"/> Having quiet evenings  | <input type="checkbox"/> Watching boxing, wrestling                                    |
| <input type="checkbox"/> Taking care of my plants   | <input type="checkbox"/> Planning parties  |
| <input type="checkbox"/> Buying, selling stock  | <input type="checkbox"/> Cooking   |
| <input type="checkbox"/> Going swimming   | <input type="checkbox"/> Going hiking  |
| <input type="checkbox"/> Doodling   | <input type="checkbox"/> Writing (books, poems, articles)                              |
| <input type="checkbox"/> Exercising   | <input type="checkbox"/> Sewing  |
| <input type="checkbox"/> Collecting old things  | <input type="checkbox"/> Buying clothes  |
| <input type="checkbox"/> Going to a party   | <input type="checkbox"/> Going out to dinner   |
| <input type="checkbox"/> Thinking about buying things   | <input type="checkbox"/> Working   |
| <input type="checkbox"/> Playing golf   | <input type="checkbox"/> Discussing books: book club                                   |
|   | <input type="checkbox"/> Sightseeing   |
|   | <input type="checkbox"/> Getting a manicure/pedicure or facial                         |

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# Emotional Regulation

## Pleasant Events List

### Activities

- |  |   |
|--|---|
| <input type="checkbox"/> Going to a beauty parlor                                  | <input type="checkbox"/> Buying small things for myself (perfume, gold balls, etc.) |
| <input type="checkbox"/> Early morning coffee and newspaper                        | <input type="checkbox"/> Talking on the phone                                       |
| <input type="checkbox"/> Playing tennis  | <input type="checkbox"/> Going to museums   |
| <input type="checkbox"/> Kissing   | <input type="checkbox"/> Thinking religious thoughts                                |
| <input type="checkbox"/> Watching my children (play)                               | <input type="checkbox"/> Lighting candles   |
| <input type="checkbox"/> Thinking, "I have a lot more for me than most people"     | <input type="checkbox"/> White-water canoeing/rafting                               |
| <input type="checkbox"/> Going to plays and concerts                               | <input type="checkbox"/> Going bowling  |
| <input type="checkbox"/> Daydreaming   | <input type="checkbox"/> Doing woodworking  |
| <input type="checkbox"/> Planning to go (back) to school                           | <input type="checkbox"/> Fantasizing about the future                               |
| <input type="checkbox"/> Thinking about sex  | <input type="checkbox"/> Taking ballet/tap-dancing classes                          |
| <input type="checkbox"/> Going for a drive   | <input type="checkbox"/> Debating   |
| <input type="checkbox"/> Refinishing furniture                                     | <input type="checkbox"/> Sitting in a sidewalk café                                 |
| <input type="checkbox"/> Watching TV   | <input type="checkbox"/> Having an aquarium   |
| <input type="checkbox"/> Making lists of tasks                                     | <input type="checkbox"/> Participating in "living history" events                   |
| <input type="checkbox"/> Walking in the woods (or at the waterfront)               | <input type="checkbox"/> Knitting   |
| <input type="checkbox"/> Buying gifts  | <input type="checkbox"/> Doing crossword puzzles                                    |
| <input type="checkbox"/> Completing a task   | <input type="checkbox"/> Shooting pool  |
| <input type="checkbox"/> Going to a spectator sport (auto racing, horse racing)    | <input type="checkbox"/> Getting a massage  |
| <input type="checkbox"/> Teaching  | <input type="checkbox"/> Saying, "I love you"                                       |
| <input type="checkbox"/> Photography   | <input type="checkbox"/> Playing catch, taking batting practice                     |
| <input type="checkbox"/> Going fishing   | <input type="checkbox"/> Shooting baskets   |
| <input type="checkbox"/> Thinking about pleasant events                            | <input type="checkbox"/> Seeing and/or showing photos                               |
| <input type="checkbox"/> Staying on a diet   | <input type="checkbox"/> Thinking about my good qualities                           |
| <input type="checkbox"/> Playing with animals                                      | <input type="checkbox"/> Solving riddles mentally                                   |
| <input type="checkbox"/> Flying a plane  | <input type="checkbox"/> Having a political discussion                              |
| <input type="checkbox"/> Reading fiction   | <input type="checkbox"/> Buying books   |
| <input type="checkbox"/> Acting  | <input type="checkbox"/> Taking a sauna or steam bath                               |
| <input type="checkbox"/> Being alone   | <input type="checkbox"/> Checking out garage sales                                  |
| <input type="checkbox"/> Writing diary entries or letters                          | <input type="checkbox"/> Thinking about having a family                             |
| <input type="checkbox"/> Cleaning  | <input type="checkbox"/> Thinking about happy moments in my childhood               |
| <input type="checkbox"/> Reading nonfictions                                       | <input type="checkbox"/> Splurging  |
| <input type="checkbox"/> Taking children places                                    | <input type="checkbox"/> Going horseback riding                                     |
| <input type="checkbox"/> Dancing   | <input type="checkbox"/> Doing something new  |
| <input type="checkbox"/> Weightlifting   | <input type="checkbox"/> Working on jigsaw puzzles                                  |
| <input type="checkbox"/> Going on a picnic   | <input type="checkbox"/> Playing cards  |
| <input type="checkbox"/> Thinking, "I did that pretty well," after doing something | <input type="checkbox"/> Thinking, "I'm a person who can cope"                      |
| <input type="checkbox"/> Meditation, yoga  | <input type="checkbox"/> Taking a nap   |
| <input type="checkbox"/> Having lunch with a friend                                | <input type="checkbox"/> Figuring out my favorite scent                             |
| <input type="checkbox"/> Going to the mountains                                    | <input type="checkbox"/> Making a card and giving it to someone I care about        |
| <input type="checkbox"/> Playing hockey  | <input type="checkbox"/> Instant-messaging/texting someone                          |
| <input type="checkbox"/> Working with clay or pottery                              | <input type="checkbox"/> Playing a board game (eg., Monopoly, Life, Clue, Sorry)    |
| <input type="checkbox"/> Glass blowing   | <input type="checkbox"/> Putting on my favorite piece of clothing                   |
| <input type="checkbox"/> Going skiing  | <input type="checkbox"/> Making a smoothie  |
| <input type="checkbox"/> Dressing up   | <input type="checkbox"/> Putting on makeup  |
| <input type="checkbox"/> Reflecting on how I've improved                           | <input type="checkbox"/> Thinking about a friend's good qualities                   |

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# Emotional Regulation

## Pleasant Events List

### Activities

- |  |   |
|--|---|
| <input type="checkbox"/> Completing something I feel great about   | <input type="checkbox"/> Going to a fair, carnival, circus, zoo, or amusement park  |
| <input type="checkbox"/> Surprising someone with a favor   | <input type="checkbox"/> Going to the library   |
| <input type="checkbox"/> Surfing the Internet  | <input type="checkbox"/> Joining or forming a band  |
| <input type="checkbox"/> Playing video games   | <input type="checkbox"/> Learning to do something new   |
| <input type="checkbox"/> E-mailing friends   | <input type="checkbox"/> Listening to the sounds of nature  |
| <input type="checkbox"/> Going walks or sledding in a snowfall   | <input type="checkbox"/> Looking at the moon or stars   |
| <input type="checkbox"/> Getting a haircut   | <input type="checkbox"/> Outdoor work (cutting or chopping wood, farm work)   |
| <input type="checkbox"/> Installing new software   | <input type="checkbox"/> Playing organized sports (baseball, softball, football, frisbee, handball, paddleball, squash, soccer, tennis, volleyball, etc.) |
| <input type="checkbox"/> Buying a CD or music on iTunes  | <input type="checkbox"/> Playing in the sand, a stream, the grass; kicking leaves, pebbles, etc.  |
| <input type="checkbox"/> Watching sports on TV   | <input type="checkbox"/> Protesting social, political, or environmental conditions  |
| <input type="checkbox"/> Taking care of my pets  | <input type="checkbox"/> Reading cartoons or comics   |
| <input type="checkbox"/> Doing volunteer service   | <input type="checkbox"/> Reading sacred works   |
| <input type="checkbox"/> Watching stand-up comedy on YouTube   | <input type="checkbox"/> Rearranging or redecorating my room or the house   |
| <input type="checkbox"/> Working in my Garden  | <input type="checkbox"/> Selling or trading something   |
| <input type="checkbox"/> Participating in a public performance (eg., a flash mob)                                  | <input type="checkbox"/> Snowmobiling or riding a dune buggy/ATV  |
| <input type="checkbox"/> Blogging  | <input type="checkbox"/> Social networking  |
| <input type="checkbox"/> Fighting for a cause  | <input type="checkbox"/> Soaking in the bathtub   |
| <input type="checkbox"/> Conducting experiments  | <input type="checkbox"/> Learning or speaking a foreign language  |
| <input type="checkbox"/> Expressing my love to someone   | <input type="checkbox"/> Talking on the phone   |
| <input type="checkbox"/> Going on field trips, nature walks, exploring (hiking away from known routes, spelunking) | <input type="checkbox"/> Composing or arranging songs or music  |
| <input type="checkbox"/> Gathering natural objects (wild foods or fruit, driftwood)                                | <input type="checkbox"/> Thrift store shopping  |
| <input type="checkbox"/> Going downtown or to a shopping mall  | <input type="checkbox"/> Visiting people who are sick, shut in, or in trouble   |
| <input type="checkbox"/> Using computers   |   |

Other:

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# 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.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
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.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# Opposite Action

**Use opposite action when the emotion (or its intensity) does not fit the facts OR when acting on its urges will not be helpful in long term.**

**Every emotion has an action urge. You can change the emotion by acting OPPOSITE to its action urge.**

## Emotion

Fear/Anxiety  
Anger  
Sadness

## Action Urge

Runaway/Avoid  
Attack  
Withdraw/Isolate

## Opposite Action

Approach/Don't Avoid  
Gently Avoid/Be a Little Nice  
Get Active

## How to do Opposite Action, Step By Step

1. Identify and name the emotion [ex: fear/anxiety] and the situation that's triggering it [seeing a dog]. For more info on how to do this, come to the Emotional Awareness workshop.

2. Identify your automatic thoughts about/initial appraisals of the situation [it's going to bite me], then re-evaluate. For more info on how to do this, come to the Cognitive Appraisal workshop. Be sure to:

- Identify and "pull out" any thinking traps (jumping to conclusions, mind-reading, etc)
- Examine the evidence that's left and ask yourself: does this emotion (and its intensity) fit the facts—or is it a false alarm?
- If you decide the emotion (and its intensity) DOES fit the facts [dog is close by, not on leash, known to be aggressive with people], forget Opposite Action and act on your urge to run away.
- If you decide the emotion (or its intensity) DOES NOT fit the facts [dog is a block away, walking on leash with owner, known to be gentle and friendly], go on to Step 3.

3. Identify the action urges the emotion is producing [run away/avoid], then evaluate the helpfulness of acting on them, as we've been doing in this workshop:

- Identify the likely consequences (both ST and LT) of acting on those urges.
- Ask yourself whether acting on the urges will be helpful in the long run, when you consider both ST and LT consequences. Watch out for "short term gain/long term pain" scenarios where ST consequence is immediate relief from unpleasant sensations of the emotion but LT consequences are very negative.
- If decide acting on the urges WILL NOT be helpful, go to Step 4 (Opposite Action)

4. Identify actions that are OPPOSITE to your action urges [ways to approach dogs]

5. The next time you're in that situation, try one of those opposite actions and see what happens

6. Continue doing the opposite of what the emotion is telling you to do when you're in this situation, until your emotional reaction to it (including action urges) changes [no longer experience fear and have urge to run/avoid when see most dogs]



