

# DISTRESS TOLERANCE

MAKING IT THROUGH THE CRISIS

## TIPP

- T** Temperature
- I** Intense exercise
- P** Paced breathing
- P** Progressive muscle relaxation

## STOP

- S** Stop
- T** Take a breath
- O** Observe
- P** Proceed

## SELF-SOOTHE W/ SIX SENSES



## ACCEPTS

- A** Activities
- C** Contribution
- C** Comparison
- E** Emotion
- P** Push Away
- T** Thoughts
- S** Sensations

## IMPROVE

- I** Imagery
- M** Meaning
- P** Prayer
- R** Relaxation
- O** One thing in the moment
- V** Vacation
- E** Encouragement

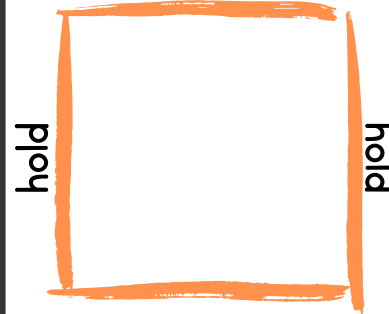
*Smile*

**PROS/CONS**  
**RADICAL ACCEPTANCE**  
**HALF SMILE**  
**WILLING HANDS**



*Dr. Tamika Zapolski*

breathe in



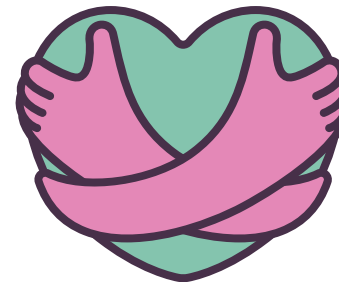
breathe out

SQUARE BREATHING

START  
HERE



SPIRAL BREATHING



Give yourself a hug for  
5 seconds, then release.  
Repeat 3 times!

HUG AND RELEASE

CAN YOU  
FIND?



5 things you see  
4 things you can touch  
3 things you hear  
2 things you smell  
1 thing you can taste

GROUNDING WITH  
5 SENSES