

## Distress Tolerance Activities

**Body Moving Activities** These activities encourage us to move our body to increase circulation, distract us from our worries, & burn off energy. They are most effective when we feel either agitated or lethargic.

- Bike ride
- Chop wood
- Clean
- Climb up and down stairs
- Dance
- Do yoga
- Gardening
- Go for a run
- Hit or throw a ball

- Kick something
- Play a sport
- Stretch your body
- Walk or hike
- Work out/Exercise
- Wrestle
- Yoga

- \_\_\_\_\_
- \_\_\_\_\_

**Relaxing Activities** These are activities that relax and calm our bodies.

- Breath deeply for 3, 5, or 10 breaths
- Exercise hard
- Go for a drive
- Hobbies
- Listen to a relaxation tape
- Massage
- Nap
- Play a game
- Progressive relaxation from toes to head
- Rock in a rocking chair

- Sit in the dark
- Sit in the sun
- Take a break from problem solving - come back to it later
- Visualize a mini-vacation
- Visualize a peaceful place
- Visualize a secret room

- \_\_\_\_\_
- \_\_\_\_\_

**Emotional Expression Activities** These activities get us in touch with our feelings and help us express them. Some activities require words but many are designed just to allow us to feel or see the extent of our distress.

- Bite something
- Break plates
- Cry
- Empty chair technique
- Grunt, stomp, shout
- Identify your feelings and underlying needs
- Journal or doodle
- Look for meaning & purpose in your struggle
- Pound a pillow with your fists
- Rip something

- Scream and/or swear while driving
- Squeeze a rubber ball
- Stir up emotion opposite your current feeling
- Talk in loving and helpful ways
- Use assertion to name feelings/needs
- Vesuvius release- boundaried expression
- Visualize a drain
- Write a letter expressing your feelings

- \_\_\_\_\_
- \_\_\_\_\_

**Socializing Activities** These activities engage us with others. They help us see that we are not alone.

- Ask for support
- Be with people you admire
- Call a friend or family member
- Give something to someone
- Go out of your way to be nice to others
- Go to a religious service or gathering
- Go to a support group
- Go to an event

- Help someone in need
- Listen to someone else's perspective
- Make eye contact and smile frequently at others
- Spend time with uplifting, positive people
- Visit with a friend or family member
- Volunteer

- \_\_\_\_\_
- \_\_\_\_\_