

TAKE A REST

Distress Tolerance Strategy

R

Stop what you are doing and create some space between your desire to act impulsively. Take a few breaths.

E

Do a quick evaluation of you, others and your environment. What are the facts? Observe your thoughts and feelings. How are others responding?

S

Set an intention and decide what action you are going to take. What do I need in this moment?

T

Take action by implementing your planned intention. Remain calm and mindful as you proceed.

