

Skills Group (Distress Tolerance): **Week 2**



CFPCN Extended Health Team

Agenda

Homework Review

Distracting with Wise Mind ACCEPTS

Self Soothing Skills

Improve the Moment



Mindfulness Practice



Homework Review

Skills Practice

Share your experience of using one of the skills covered last week:

- STOP skill
- Pros and Cons of Acting on Crisis Urges
- Change Body Chemistry with TIPP



Distracting from Distress

Wise Mind ACCEPTS

Activities

Contributing

Comparisons

different Emotions

Pushing away

other Thoughts

other Sensations

Distress Tolerance Handout 7

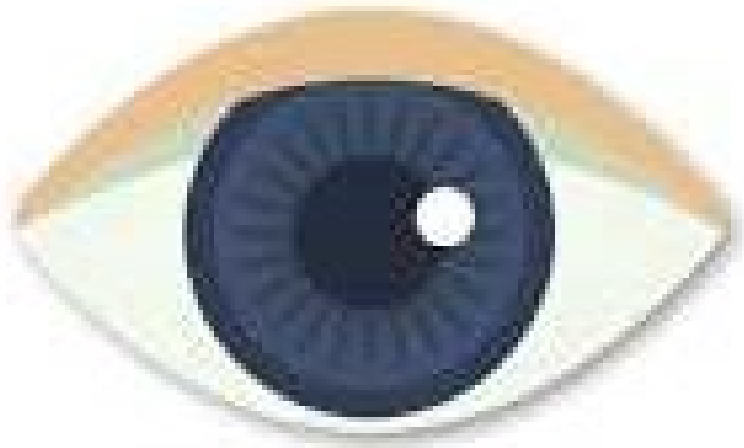
Self-Soothing

With the five senses:

- Vision
- Hearing
- Smell
- Taste
- Touch

Distress Tolerance Handout 8





IMPROVE the Moment

Imagery

Meaning

Prayer

Relaxing actions

One thing in the moment

brief Vacation

self-Encouragement and reframing

Distress Tolerance Handout 9



Home Practice

Skills Practice

- Distracting: Wise Mind ACCEPTS
- Self-Soothing
- IMPROVE the moment

Distress Tolerance Worksheet 5, 6, 7



Mindfulness Practice



Thank you
for joining us

