

ADVANTAGES AND DISADVANTAGES

To survive the crisis without making things worse, and choose between two ways of acting.

IDENTIFY THE URGENCY TO ACT

When acting on impulse during a crisis would make things worse. Think about dangerous/addictive behavior, but also avoidance and surrender.



Make a list of...

ADVANTAGES OF FOLLOWING IMPULSES

DISADVANTAGES OF FOLLOWING IMPULSES

ADVANTAGES OF RESISTING IMPULSES

DISADVANTAGES OF RESISTING IMPULSES



ACCEPTS

Distract yourself to better tolerate distress and intense emotions.

A - ACTIVITIES

Keep busy to take your mind off things.



C - CONTRIBUTE

Turn to others.



C - COMPARISONS

Compare how you feel now vs. at another time in your life. Compare your feelings with those of others in difficult situations.

E - EMOTIONS

Use ways to change the emotion you feel in the present (e.g. reading jokes, watching a humorous movie, listening to happy music).



P - PUSH AWAY

Keep your mind occupied (e.g. count to 10, do a puzzle, watch TV or read).



T - THOUGHTS

Step back from the situation and stop brooding.



S - SENSATIONS

Stimulate your 5 senses.



IMPROVE

To improve the moment when you can't immediately change the situation.

I- IMAGERY

Imagine relaxing scenes, happy moments, a soothing imaginary world...



M- MEANING

Find a meaning or reason for a painful situation, and focus on the positive aspects that can be found.



P- PRAYER

Rely on your Enlightened Spirit or a higher power.



R- RELAXATION

Take a hot bath, massage your neck, change your facial expressions.



O- ONE THING AT A TIME

Bring yourself back to the present moment, focusing on what you're doing or on your physical sensations.



V- VACATION

Give yourself a short break; take some time for yourself.



E- ENCOURAGEMENT

Encourage yourself! The situation won't last forever, and you can handle it.



STOP

To avoid aggravating an already difficult situation by acting impulsively and emotionally.

STOP

Keep still and stay in control.



TAKE A STEP BACK

Take a break! Take a breath. Don't act impulsively on emotion.



OBSERVE

Observe the situation as well as what's going on within yourself (thoughts, emotions) and in others.



PROCEED WITH MINDFULNESS

...with your objectives, your thoughts and emotions and those of others. Act according to your Enlightened Spirit.



TIP

To quickly alleviate an extreme emotional state.

T - TEMPERATURE

Hold your breath. Dip your face in cold water or apply a cold object to your eyes and cheeks. Hold for 30 seconds.



I - INTENSE EXERCISE

Engage in intense exercise, even for a brief moment (running, walking fast, jumping...).



P - PAIR PAGED BREATHING AND MUSCULAR RELAXATION

- Breathe deeply through your belly. Slow down your rhythm of inhalation and exhalation (5-6 breaths per minute). Exhale more slowly than you inhale.
- As you breathe in with your belly, tense your muscles deeply. Notice the tension in your body. As you exhale, say the word "relax" in your head and release the tension. Notice the difference in your body.



FIVE SENSES

Use distress tolerance skills while soothing your five senses. Here are a few ideas to inspire you.

SMELL

*Smell a flower.
Smell a perfume that you like.
Light a scented candle.*

TASTE

*Eat your favorite food.
Enjoy a soothing drink.*

TOUCH

*Take a warm shower.
Caress your pet.
Wrap yourself in a blanket.*

HEARING

*Listen to music you like.
Pay attention to the sounds around you.*

SIGHT

*Look at a beautiful flower.
Watch the stars.
Notice the colors around you.*

