

DISTRESS TOLERANCE

If you're feeling distressed or overwhelmed try these strategies

TIPP

T – TEMPERATURE : bring your body temperature down. Drink cold water or run your wrists under the cold tap. Squeeze an ice pack and press it on your neck, arms and legs gently.

I – INTENSE EXERCISE : take a walk in your garden or an open space.
Don't pace!

P – PACED BREATHING : focus on your breathing. Breathe in for 7 then out for 11.

P – PAIRED MUSCLE RELAXATION : slowly tense every muscle from head to toes, ie tense your shoulders, let them go and keep going.

SENSORY AWARENESS

5 THINGS YOU CAN SEE

4 THINGS YOU CAN FEEL

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE