

## DISTRESS TOLERANCE STRATEGY: SELF-SOOTHE THROUGH 5 SENSES

### EXAMPLES

SIGHT- GO OUTSIDE & LOOK AT NATURE (I.E. GO TO BEACH & WATCH THE WAVES), LOOK AT PICTURES OR ARTWORK, WATCH A FUNNY MOVIE

SOUND- LISTEN TO MUSIC OR PLAY AN INSTRUMENT, LISTEN TO A RELAXATION SCRIPT

TASTE- EAT YOUR FAVORITE SNACK (SLOWLY!), DRINK SOMETHING SOOTHING (I.E. TEA)

TOUCH- PET AN ANIMAL, SQUEEZE A STRESS BALL

SMELL- SMELL SOMETHING PLEASANT (I.E. FLOWERS, SCENTED CANDLES), BAKE & TAKE IN ALL THE SMELLS

### MY STRATEGIES

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SOUND-

TASTE-

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# CREDITS



ALINA V DESIGN AND RESOURCES

-THANK YOU FOR THE BORDER!

MYCLIPARTSTORE

-THANK YOU FOR THE FLOWERS!