

DISTRESS TOLERANCE

MANAGING EMOTIONAL DISTRESS



DISTRESS TOLERANCE SKILLS

Distress Tolerance is the ability to tolerate unpleasant experiences, urges, and painful emotions when one is unable to immediately improve circumstances since sometimes one is powerless over them. With the help of distress tolerance skills, you may recognise an unpleasant emotion and decide whether to act on it or to let it go since it is beyond your control or until you have a chance to think things through.

DISTRESS TOLERANCE IS THE CAPACITY TO CONTROL REAL OR PERCEIVED EMOTIONAL DISCOMFORT. THE OBJECTIVE IS TO GET THROUGH A DIFFICULT EMOTIONAL MOMENT WITHOUT MAKING IT WORSE. YOUR CAPACITY TO HANDLE DISCOMFORT CAN INFLUENCE HOW YOU HANDLE THE CIRCUMSTANCE, REGARDLESS OF THE SEVERITY OF THE STRESS. LOW DISTRESS TOLERANCE MAY CAUSE A PERSON TO REACT NEGATIVELY BOTH MENTALLY AND PHYSICALLY, LEADING TO IMPULSIVE, HARMFUL, OR SELF-DESTRUCTIVE BEHAVIOUR.

SELF-SOOTHING TECHNIQUES

Building distress tolerance requires you to learn how to control your unpleasant feelings and find strategies to relax. Various sensory experiences—tasting, smelling, taste, touch, or sound—can all be employed to self-soothe in trying times. To calm your emotions, you can indulge your senses in nice activities like taking a warm bath, eating a small treat, taking a walk while observing the scenery, practicing yoga, listen to something enjoyable, meditation, and regulated breathing.





DISTRACTIONS

Negative emotions eventually pass or at least become less intense with time. Distraction is useful when you deliberately choose to do something different from what your feelings are urging you to do. You might engage in an enjoyable pastime, show kindness to someone, and do something that will create a competing emotions (Feeling angry? Watch a comedy. Feeling nervous? Listen to soothing music).

RADICAL ACCEPTANCE

Radical acceptance is just accepting things as they are, without trying to modify them or exerting any influence over them. Rather than concentrating on how you wish something was different, you will identify and accept the issue or circumstance as it stands. Accepting is not the same as liking or condoning. When coping with the challenging circumstance, learning to accept may result in less anxiety, rage, and sadness. But of course, this process does not happen overnight.

Not accepting

vs

Accepting



It is raining

*I do not like rain. I wish it was not raining.
My day would be better if it was not raining.
My day is ruined. Every day is just like this.
It is always like this. Why does it always
rain when all I want is for it to be sunny?*



It is raining

Yep – it is raining.



PROS AND CONS

It's critical to pause and consider the options available to us. Making a list of the benefits and drawbacks of your options will help you make more informed decisions. The emotional component of decision-making can be eliminated by putting them in writing and giving them some thought. During an emotional crisis, weighing the benefits and drawbacks can help you stay somewhat in control and experience less emotional stress.