

MENTAL HEALTH MOMENT

DISTRESSED? SKILLS THAT CAN HELP



Mental health skills are effective tools that can be helpful during our everyday lives. But during the current pandemic there are mental health skills that can help. They are called *distress tolerance skills*. A set of skills that help us manage distress by choosing to respond effectively. Here are skills you can try!

Distract Change the focus way from negative thinking. Do this with activities, reading, hobbies or virtual visits with friends. Name the emotion and act opposite such as naming “sadness” but choosing to dance or sing & hum or listen to positive songs.

Self Soothe Self soothing means caring for yourself during times of distress. Simply focus on the 5 senses and how you can nurture yourself by lighting an aromatic candle or watch a relaxing musical performance online. Pamper yourself with a warm bath or bake your favorite cookies. Pet an animal or snuggle in a soft blanket. Remind yourself: It is OK to self soothe during stressful times.

Improve the Moment The goal is to take the distressing moment and improve on it. Focus on meaning and purpose. What is the silver lining? Most art, celebrated literature and powerful stories are how people found purpose and meaning during distress. Focus on your spirituality, beliefs or values during this time of distress and develop them through reading and mindful focus or actions.

Cheerleading Be your own emotional cheerleader. Tell yourself “I can get through this!” Do this repeatedly. As many times as is needed. Negative thoughts can “stick around” and demotivate us unless we learn the skill of cheerleading. You can fight back. The goal is to keep yourself motivated. Cheerlead a friend or family member that is struggling.

Get Help Distress tolerance is about understanding the distress we experience and choosing how we respond to it. But sometimes the distress can be overwhelming despite our skill level. That is when it is time to get professional help. With professional help distress can be the catalyst for **positive change** in a person’s life. Whether it is you, someone you care for or someone you know Bowen Center can help. Set an appointment today!



(Source: www.mentalhelp.net Surviving a Crisis: DBT Distress Tolerance Skills)

Telephone counseling is now available statewide
To schedule private and confidential counseling sessions:

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1 800 342 5653



www.bowencenter.org