

# DISTRESS TOLERANCE PLAN

The purpose of this document is to help you plan healthy ways to cope with stress, thereby increasing your distress tolerance. This is important because traveling abroad can be stress inducing. By preparing a Distress Tolerance Plan, you will have already decided how you will respond to stressful situations and emotions in the future – increasing the probability that you will make healthy choices.

## RADICAL ACCEPTANCE

Please check the Radical Acceptance Statements that you will use when you feel stressed:

\_\_\_ “This is the way it has to be.”     \_\_\_ “I can’t change what has already happened.”

\_\_\_ “The present is the only moment I have control over.”     \_\_\_ “I can trust God no matter what.”

## SELF-SOOTHING

Fill-in the self-soothing activities you will do when you feel stressed:

VISION: \_\_\_\_\_

HEARING: \_\_\_\_\_

TOUCH: \_\_\_\_\_

TASTE: \_\_\_\_\_

SMELL: \_\_\_\_\_

## DISTRACTION

Identify five coping skills you can use to healthfully distract yourself when you feel stressed:

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

4: \_\_\_\_\_

5: \_\_\_\_\_