



# Tolerating a bad situation with distraction

Tolerating discomfort means using distraction to get through a crisis without making a bad situation worse.

Distracting ourselves can help us avoid acting impulsively and making things worse in a crisis

## DISTRACT YOURSELF IN THE FOLLOWING WAYS:



### **Distract with thoughts:**

fill your mind with other things so there is no room for what is distressing you.



### **Distract with emotions:**

focus on uplifting or inspiring or funny things to shift your distress.



### **Distract with body signals:**

Move your body slowly (stretch or squeeze and release your muscles) or really fast (rock, fiTet, or bounce).



### **Distract with support:**

Get support from your friends, worker or family.

