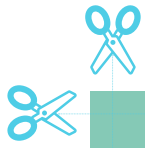


Instructions:

1. Set printing to **flip on long edge**
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.....
Comfort yourself with your 5 senses
.....

Tolerating discomfort means being able to comfort and reassure yourself to get through a bad situation.



By focusing on your 5 senses, you offer comfort to yourself in ways that remind you of times you have felt reassured or safe.



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



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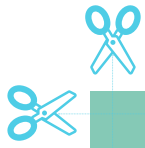
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Tolerating with distraction
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Distract with thoughts: fill your mind with other things so there is no room for what is distressing you.



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, fidget, or bounce).



Distract with support: Get support from your friends, worker or family.



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Comfort yourself with your 5 senses
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Sight: Focus on looking at a calming and soothing scene.



Hearing: Listen to music or sounds that are reassuring, uplifting and supporting.



Smell: Breathe in your favourite smells that remind you of safety and love.



Taste: Have your favourite meal or treat, and eat it slowly.



Touch: Feel something soft or smooth. Have a warm drink. Wrap yourself in a soft blanket.



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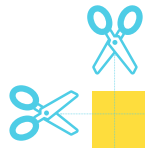
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Five self-care habits
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Good self-care habits help us manage strong feelings.



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Interrupt rumination with 5-4-3-2-1
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Use grounding skills to interrupt rumination.



5-4-3-2-1 is a grounding technique that stops rumination by training your mind to return to the present moment.



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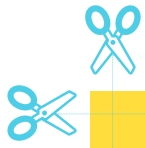
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Stop rumination with 5-4-3-2-1
.....

- 5 Things I can see right now.
- 4 Things I can hear right now.
- 3 Things I can feel right now.
- 2 Things I can smell or taste right now.
- 1 Take one slow, deep grounding breath in through the nose and out through the mouth.
- Repeat 5-4-3-2-1 if you are still ruminating.



.....
Five self-care habits
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- 1 Connect with others.
- 2 Exercise regularly and sleep well.
- 3 Be mindful.
- 4 Eat well.
- 5 Be kind to yourself and others.



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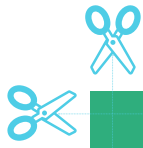


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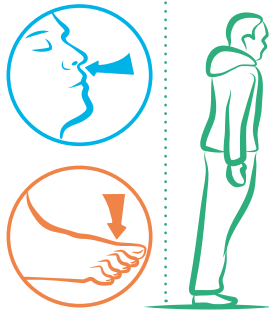
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.....
**Mindful
Lean**
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Doing a mindful lean helps us check in with the present moment, a couple of times a day.

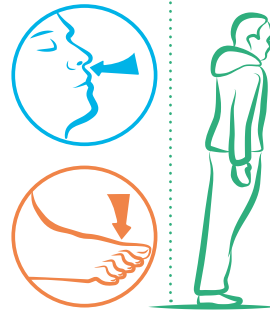


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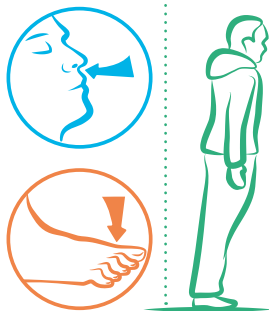


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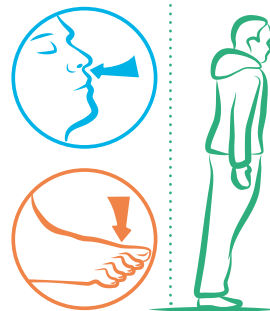


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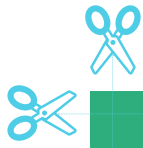
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**Mindful
Lean**
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**Tips for the
mindful lean:**

1. Try to get in the habit of leaning when waiting.
2. Lean at least 3 times a day.
3. Wiggle your toes to remind you to check in.



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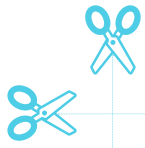
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Checking in with emotions



What am I feeling?



Where can I feel it in my body?



How is my body and mind telling me to respond?



Will this response make me feel better or worse later on?



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Working with emotions, not against them



What am I feeling?



Can I take a moment?



Can I sit with it?



How can I distract myself?



How can I comfort my myself?



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My Plan

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