



Distress Tolerance

What is Distress Tolerance? Why is it Important?

Distress Tolerance:

Stress is a natural part of everyone's life. The Canadian Mental Health Association defines stress as the body's response to real or perceived threats. Some stress is a good thing and helps us make deadlines while other stress can be overwhelming and cause emotional distress that can negatively impact one's health.

Emotional distress occurs when you experience an extreme level of unpleasant emotions. It is not a mental health diagnosis, but it can feel overwhelming and affect one's ability to cope with daily stressors and routines.

Distress tolerance is a person's ability to manage actual or perceived emotional distress. Distress tolerance involves becoming more aware of how one's own emotions influence their response to distressing situations.

Importance of distress tolerance:

When a person's distress tolerance is low they may become overwhelmed by stressful situations and may turn to unhealthy coping strategies such as self-harm, binge eating, substance use, or other impulsive behaviours. Developing distress tolerance can help people cope with intense emotions, develop a positive outlook on life, and help regulate anger and impulsivity.

Local Supports

Services, Programs and Resources

THE MINDFULNESS STOP SKILL

S.T.O.P



STOP.

Take a moment to stop what you are doing.



TAKE A BREATH.

Take a breath in through your nose, and out through your mouth. Relax. Notice your breath.



OBSERVE.

Notice what's happening around you. How are you feeling? What thoughts do you notice? What's happening around you?



PROCEED.

Continue with what you were doing. Now you've taken time to stop, you might feel calmer and make better choices.

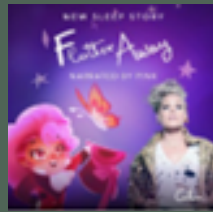
"You never really understand a person until you consider things from his point of view; until you climb inside of his skin and walk around in it."

-To Kill a Mockingbird
Harper Lee

Video Links



Distress Tolerance



T.I.P.P. DBT Skills

Progressive Muscle
Relaxation

The S.T.O.P. Skill

Why do we lose
control of our
emotions?

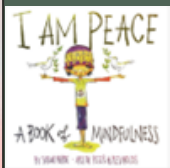
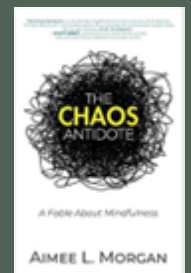
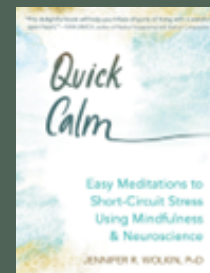
Literature



Children

Adolescence

Adult



"The highest result of education is tolerance."

- Helen Keller